

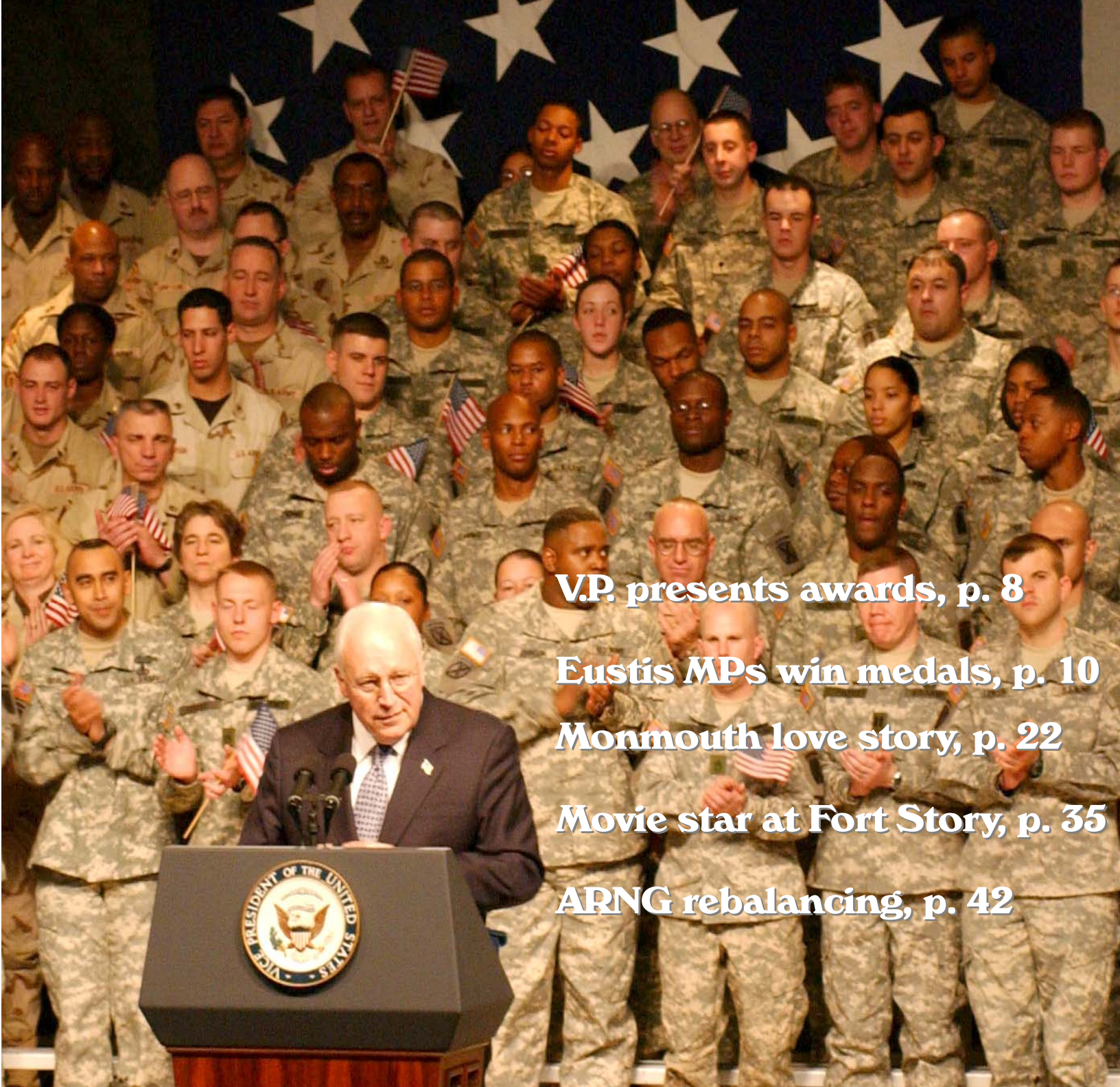
U.S. Army Installation Management Agency, Northeast Region

Northeast Journal

Volume IV, Number 2

Supporting our Soldiers during peace and war

February 1, 2006



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Schoomaker predicts bigger, busier Army in '06

By Jennifer Downing, ARNEWS

The chief of staff of the Army said he expects to see developments with base realignment and closures, an increase in modular brigades and operational force strength, and 20,000 jobs converted from the military to civilian workforce in 2006.

Gen. Peter J. Schoomaker gave an overview of the direction the Army is going for the next year at the annual Institute for Land Warfare Forum Breakfast in Arlington, Va., Jan. 12.

"This year is going to be the busiest year we've ever had," said Schoomaker about the Army as a whole, but he said NATO is expected to take on more responsibility in Afghanistan in the coming year.

Schoomaker said he is confident that forming a more fully resourced Army across the board will improve the Army's mission achievement. A piece of that puzzle is converting jobs at Army installations in the United States to the civilian workforce. By converting those jobs, he said Soldiers would then be able to fill operational spaces overseas.

"The War on Terror is about ideas and changing things that are fundamental," Schoomaker said.

BRAC will also prove to make headlines this year, he said, as officials work with the installations set for realignment or closure and work out the best way to execute the congressional mandate.

While hard issues drive how the Army will evolve in 2006, Schoomaker said the Soldiers he met have made an impact on how he sees the War on Terrorism evolving.

Visiting the troops in theater and traveling to Landstuhl, Germany, confirmed to the chief of staff that troops want to continue the fight. He talked to Soldiers who have been wounded in battle and are anxious to get back in theater.

He also talked about the humanitarian efforts he saw in Pakistan and how the Army is shaping the world and changing perceptions. An example he cited was a toy that became a favorite of the children in Pakistan – a

little, plastic Army Chinook – which was "of course made in China," he said.

Schoomaker said he is confident the Army will be able to step up and deliver in the coming year.

"We are moving up the mountain and over the hump," he said.



Gen. Peter J. Schoomaker

The Northeast Journal is an authorized publication of the U.S. Army Installation Management Agency, Northeast Region, Fort Monroe, Va. It is published electronically the first of each month. Contributions are welcome and may be submitted to the editor via e-mail:
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2nd Place Winner
Army Newsletters category
2004 Keith L. Ware competition

Front Page: Vice President Cheney visited Soldiers of the 10th Mountain Division recently and not only expressed his pride in their accomplishments, but awarded several medals and re-enlisted a number of the Soldiers during his visit. (10th Mtn Div photo)

Wounded Warriors enjoy an outdoors break

*Story and photos by Ken Perrotte,
Fort A.P. Hill PAO*

Seven Soldiers from Walter Reed Army Medical Center who were in the latter stages of recovery from serious wounds and other injuries suffered in the Global War on Terror were treated to a break from the hospital regimen and brought to Fort A.P. Hill the first week of December for outdoor adventure and camaraderie.

The Soldiers, special guests of Fort A.P. Hill stayed at The Lodge and enjoyed a couple of days of deer hunting with A.P. Hill staff members and local volunteers helping them. A.P. Hill staff and family members also turned in some gourmet efforts in the kitchen with some tasty venison dishes at dinner and big country breakfasts in the morning.

The Virginia Deer Hunters Association donated funds for the Virginia state hunting licenses, while the A.P. Hill-Rappahannock Chapter of the Association of the United States Army donated money for meals and drinks, with one lunch provided at Tucker's Tavern. The Gander Mountain store in Spotsylvania donated products to help outfit the Soldiers for the hunt.

Walter Reed 1st Sgt. John Zelch accompanied the Wounded Warriors. The season's first big snowstorm coincided with the hunt, which resulted in two deer and a bobcat being taken.



(Above) Soldiers from Walter Reed Army Medical Center test fire the shotguns they were loaned for the 2005 Wounded Warrior Retreat Dec. 5-7. (Below) Home cooked venison dinners provided a welcome treat following some snowy days in the woods. Photos by Ken Perrotte



SKIESUnlimited program comes to Aberdeen Proving Ground

Yvonne Johnson
APG News

Aberdeen Proving Ground's Child and Youth Services has introduced a ground breaking program that provides instructional programming for youths ages 4 weeks to in high school graduation.

SKIESUnlimited includes a School of Sports, a School of Arts, a School of Life Skills and a School of Academic Skills, said Sarah Behl, instructional program specialist.

"SKIES' stands for 'Schools of Knowledge, Inspiration, Exploration and Skills,'" she added.

"Army installations are standing up these programs to benefit youths at all levels. It's a wonderful program that broadens horizons by offering life skills, and exposure to sports and fitness. Children can only benefit from these opportunities."

Classes currently offered at the Aberdeen and Edgewood youth centers include babysitting, dance, driver's education, Web site and digital video courses, and music apprecia-

tion and first aid for infants and children.

A Street Smart Forum detailing what youths need to know about spotting gang activity is also part of this program.

Behl said the SKIESUnlimited program is seeking instructors and volunteers.

"We encourage anyone with skills that may be of use to our children to come in and volunteer," she said.

Instructors are needed for math and reading, foreign language, piano, guitar, journalism, public speaking, financial management, arts and crafts, sports, computer design, and SAT/ACT preparation. CYS offers a free training program for instructors. A background clearance is required.

For more information, or to become an instructor or volunteer, contact Behl at 410-278-4589 or e-mail her at sarah.behl@apg.army.mil

SKIESUnlimited

Educational research confirms that students involved in out-of-school instructional programs benefit at all levels.

Young people spend as much as 80 percent of their time outside the classroom. When involved in instructional programs during the critical hours of 3 to 8 p.m., they are less likely to engage in undesirable behavior.

Through the SKIESUnlimited program, children and youths in CYS will have equal access to opportunities to expand their knowledge, be inspired, explore and acquire skills.

SKIESUnlimited instructional programs foster the development of critical life, leadership and social skills.

SKIESUnlimited classes currently being offered include Digital Photography Showdown, Scratch Building Your own Personal Web Site, and Drivers' education (students age 15 to 18 may attend to complete 30 hours of classroom and six hours of road instruction. Students must have a Learners Permit. Parents, guardians or mentors must attend the first class.)

For more information on classes, call Mercedes Ashby, 410-278-4589.

APG Outdoor Recreation Program's ERC recognized for award winning program

The Aberdeen Proving Ground Outdoor Recreation Program has been awarded the Army's 2005 "Best Outdoor Recreation Program" award for medium sized installations.

Wayne Doyel, Outdoor Recreation

Program manager, said the award was the direct result of the marinas, stables and skeet activities, the MWR programs who offered fun trips, life skill classes and adventure outings, and employees who operate the pools, amusement park and the Equipment Re-

source Center.

"They all worked hard and put in many hours to bring APG a program for the installation to enjoy because they all care," Doyel said.

Gerber Village girl spearheads petition for a new playground

By *Elisa Glushetski,*
The Belvoir Eagle

When the Miskas moved in to their Gerber Village home more than a year ago, one of the incentives that swayed them was that they were told a new playground would be built.

But after a year, and no new playground, 10-year-old Sage took it upon herself to spearhead a petition requesting a new playground to replace the dilapidated one that she said became unsafe for the children to play on.

Sage, with the help of her mother Kyle, spent six sweltering days in July collecting 67 signatures from neighbors in Gerber Village.

After sitting on the petition for several weeks and then deciding to turn it in, Sage requested that instead of the petition going to the village management team that it go to the "guy in charge of everything," Installation Commander Col. Brian W. Lauritzen.

Sage's initiative paid off. On Dec. 19 the Miskas got a call from their community manager, Rebecca Reiter, that Clark Pinnacle approved the demolition of the old playground and will erect a new playground in its place.

"I am really impressed by the energy and community participation they initiated," Reiter said. "I think [Sage] is a wonderful example for other residents."

With the rapid housing development being the high priority on post,



Sage Miska, 10, petitioned Fort Belvoir Garrison Commander Col. Brian W. Lauritzen for a new playground in Gerber Village. The decaying playground off Gunston Road between 18th and 19th streets is slated for demolition this week.
Photo by Quentin Hunstad

Kyle said she was unsure what the response to Sage's request would be.

"As a mother you support your children, and pray they don't get let down," Kyle said.

Sage and Kyle said they are excited to see their hard work come to fruition as demolition on the old playground is set to begin today or tomorrow.

The playground, which is somewhat of a centerpiece in Gerber Village, has sustained years of wear and tear that has created safety hazards, Kyle said, such as uprooted rubber tiles meant to cushion falls and exposed chains that used to have plastic casings.

Aside from safety concerns, no swings and missing slides left the

neighborhood children to their own devices, "making games," Sage said, "to adjust to the playground."

Sage said she hopes the new playground, which is expected to be completed by the end of February, will be of comparable size and have a hamster-wheel-like cylinder that she has seen at other playgrounds on post.

Kyle, who encourages Sage to play outside as much as possible, simply said she hopes the playground "will pick up some of the boredom" and that Sage will pursue similar projects in the future.

"No one thinks they can make a change," Kyle said, adding that she hopes other children will follow Sage's example.

Post employee helps victims of Hurricane Katrina

*By Sgt. David Hopkins,
Carlisle Barracks Public Affairs*

Lou Anne Knisley and her friend, Michael Stamey, were discussing vacation plans when they came up with a unique idea that may have changed their lives forever.

Instead of going on a cruise or lying on a warm, sandy beach, Knisley and Stamey decided to go to the hurricane ravaged deep south to offer comfort to the victims of Hurricane Katrina.

"We got on the internet and started researching ways that we could help," said Knisley, a dental assistant with the dental clinic.

They decided the best way they could help would be to bring supplies to the people to help them rebuild their lives. They reached out to friends on post to see if they would help by donating supplies and many responded with boxes of things.

"We brought cleaning supplies, toys, books, baby food, clothing, blankets, pillows, sheets, mops, sponges and first aid supplies," said Knisley.

They rented a 15 passenger van, filled the van with boxes of supplies, and in early November they headed south. The destruction from the hurricane was increasingly more prevalent to the couple as they drove south.

"As we drove down there we kept saying that it can't get any worse, but it did," said Knisley. "It was like seeing a neighborhood that was once full of kids playing on swings and riding bikes and people living their lives, and then seeing it destroyed with clothes hanging from the trees, houses without roofs and tons and

tons of debris everywhere."

Knisley and Stamey first went to one of the relief distribution centers in Pascagoula, Miss. They didn't just want to drop off the supplies and leave, they wanted to meet the people they would be helping.

"The center put us in contact with a family with six special-needs foster kids who were living in two temporary trailers from FEMA (Federal Emergency Management Agency)," said Knisley.

The family was grateful for the supplies, but the trip was beneficial to Knisley and Stamey, too.

"The best part of the whole trip was being able to see the smiles on the faces of the people we were helping," said Knisley. "It meant a lot to them, even though we weren't able to give much."

After spending some time with the family, Knisley and Stamey explored other parts of the hurricane destroyed region, including New Orleans.

"Seeing the sunshine by the ocean looked so bright and hopeful," said Knisley about their travels along the coast, "but when we crossed into New Orleans it was total destruction."

The duo spent time talking with people and were able to see first hand the attitudes of those who lost all



Lou Anne Knisley, a dental assistant with the dental clinic, volunteered to travel south and help those affected by Hurricane Katrina late last year. Knisley rented a 15 passenger van, filled it with supplies and spent 10 days working in areas affected by the Hurricane.

their worldly possessions to the natural disaster.

"The morale of the people was wonderful," said Knisley. "Their spirit was high despite all the negativity we saw."

Knisley and Stamey are in the process of planning another trip to the region in the spring to help people fix their homes, they said. The first trip changed their lives and they want to keep helping the victims of the disaster.

"It changed my whole attitude about what is meaningful in life," said Knisley. "The spirit of the people was so high and you just can't help but love them."

Dr. Paul Mele receives major award

By Sara Baragona

Dr. Paul Mele, director of the Office of Research and Technology Transfer Applications at Fort Detrick, was recently honored at a Department of Defense meeting in Santa Fe, N.M., and received the Department of Defense George Linsteadt Technology Transfer Achievement Award.

The award recognizes a technology transfer professional who has notably contributed and put forth extraordinary efforts to transfer technology developed in Federal laboratories.

Dr. Mele came to Fort Detrick in 1999, when he accepted a position as the first director of Technology Transfer for the Army's Medical Research and Materiel Command. He immediately set in motion several practices which became the foundation for the soon to be bustling licensing office. Mele identified technologies that were candidates for licensing.

Since Mele's arrival, the ORTA office has grown to include five employees, and USAMRMC's active patent license agreements have increased from 8 to 30. Annual royalties from licensing have gone from \$50,000 in 1999 to \$550,000 in 2005. Active Cooperative Research and Development Agreements, which come in through the laboratory OR-



Dr. Paul Mele

TAs, nearly doubled from 309 to 567 and CRADA funding from companies increased from \$2.3 to \$8.5 million.

Mele also focused on increasing the output of technology transfer by initiating industry outreach by exhib-

iting and attending tradeshow and showcases in the past few years with other ORTA employees.

"This is really a group reward," said Mele on his achievement. "If you give your staff responsibility and authority, you will be rewarded."

Cyber Patrol: Careless keyboards can kill

By Ed Beemer, ARNEWS

Fewer people would know about a deployment or operation if you screamed it out at the Super-

bowl than if you posted it on a Web log or blog.

Common sense will tell you not to discuss sensitive subjects on the

streets of Baghdad. The same common sense should apply on the highways of cyberspace. Soldiers need

(Continued on page 11)

Vice President visits Fort Drum

By Jason B. Cutshaw
Fort Drum Blizzard Staff Writer

On a blustery day, 10th Mountain Division (Light Infantry) and 42nd Infantry Division Soldiers gave a warm North Country welcome to the vice president of the United States.

Vice President Richard B. Cheney recognized both of New York's infantry divisions and thanked them for their service in the global war on terrorism during a visit at Fort Drum's Wheeler-Sack Army Airfield Tuesday.

"It is pretty neat to have the vice president recognize the Soldiers who have come and gone in these two great divisions," said 1st Sgt. Mark Martin, Headquarters and Headquarters Company, 10th Mountain Division (LI). "It is exciting for the Soldiers to see the nation's second in command and be appreciated."

The 42nd Infantry Division recently redeployed from a one-year tour supporting Operation Iraqi Freedom. While deployed to Iraq, "Rainbow Division" Soldiers killed or captured hundreds of known terrorists and provided security, allowing the Iraqi people to participate in free and democratic elections.

Soldiers of the 10th Mountain Division (LI) have taken the lead in the war on terrorism. Fort Drum Soldiers were some of the first forces taking the fight to the enemy after the terrorist attacks Sept. 11, 2001, and have been constantly fighting for freedom around the world ever since.

Nearly 3,000 Soldiers and family

members gathered to welcome the country's No. 2 official.

"Seeing Mr. Cheney is really cool," said 12-year-old Zack Carter, son of 1st Sgt. Nicolas Carter, D Company, 2nd Battalion, 10th Aviation Regiment. "I am missing school to see the vice president, but my teacher will think it's really cool too."

Soon after Air Force Two landed on the tarmac, the vice president and Mrs. Lynne Cheney entered the hangar to the thunderous applause of America's fighting men and women and their families.

"I'm delighted to be here today and to stand with the men and women of Fort Drum," Cheney said.

"You have brought credit to yourselves and to this nation. Your commander-in-chief and your fellow Americans are very proud of you, and it is my great honor to bring you that message today."

"When I visited here as secretary of defense, I said this was one of the outstanding military facilities we have any place in the world. Now that I'm here as vice president, I'll say it again: this is one of our finest military facilities and a tremendous credit to the United States.

"Hard Soldiers are trained here in the North Country," he added. "And Fort Drum is one reason the U.S. Army in the year 2005 is the finest Army ever fielded."

Cheney complimented Soldiers of both New York Army divisions, honoring their service in the fight against the evil that is terrorism, and thanked them for their duty to country.

"Above all, ladies and gentle-

men, I want to thank the Soldiers of two great American military units: the 10th Mountain Division and the 42nd Infantry Division," Cheney said. "Both of these divisions have an important place in the life of our country and in the history of freedom. In the four years since our nation was attacked, you have deployed on many fronts in the war on terror.

"Whether the job is dragging mortar tubes through waist-deep snow at 9,000 feet in the foothills of the Himalayas in Afghanistan, or conducting raids up staircases in urban Iraq, you know how to take the fight to the enemy and get the job done right. I am honored to be in your presence today, and I bring good

wishes to each and every one of you from our commander-in-chief, President George W. Bush," he added.

While thanking Soldiers who serve their nation, he also thanked the ones who support those warriors in war and peace.

"Military service often requires a great deal of commitment and sacrifices by families," Cheney said. "On behalf of the president, I thank the family members who are here today, and I want you to know that all Americans appreciate the sacrifices of our military families."

Cheney especially thanked those returning from a historic mission 50 years in the making.

"We're also grateful to the historic group of Soldiers that Douglas MacArthur called the 'Rainbow Division,'" he added. "The 42nd Infantry

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Division headed to Iraq and became the first Army National Guard division headquarters to deploy into combat since the Korean War. They have conducted thousands of raids and search missions, killed and detained terrorists, helped train Iraqi forces and provided security for the constitutional referendum in October. Fighting the war on terror requires skilled, well-trained units of the National Guard, and the 'Rainbow Division' is one of the best.

"Each time I visit a military installation, I come away with renewed confidence in the men and women who wear the uniform of the United States," Cheney said. "Each one of you has dedicated yourself to serving our country and its ideals, and you are meeting that commitment during a very challenging hour in American history."

Before leaving, the vice president had a few parting words to encourage Soldiers of the two best divisions in the Army.

"You have met every challenge with focus, with great effectiveness and, above all, with honor," he added. "Standing here today, in the presence of U.S. Army combat veterans, I am reminded once again of what a privilege it truly is to be a citizen of the United States of America. You have brought credit to yourselves and to this nation. Your commander-in-chief and your fellow Americans are very proud of you, and it is my great honor to bring you that message today."

After the vice president spoke to the crowd, 20 Soldiers had the honor of being reenlisted by Cheney. The Soldiers are Sergeants 1st Class Richard Tuttle and Joshua Harvey; Staff Sgts. Turpin Neath and Aaron Rombough; Sgts. Paul Vollmer, Jason Mattioli, Jason Carvel and Roudy Desir;



"Each time I visit a military installation, I come away with renewed confidence in the men and women who wear the uniform of the United States," Cheney said.

Specs. Joseph Lepas, Patrick Leone, Steven Lauderdale, Lars Thompson, Ronnie Paaschi, Christopher Kelley, Shaun Hendricks, Marveye Harper, Andrew Delange, Cidi Stroud and Michael Bichon; and Pfc. Andrea Gbotoe.

After reenlisting the troops, Cheney met with Soldiers and family members of the 42nd ID in a town hall-style meeting, where he thanked them for their service and answered questions before leaving the North

Country.

"I was honored to meet Mr. Cheney in person," said Sgt. Matthew Hale, 10th Sustainment Brigade Troops Battalion. "He made me feel appreciated and that someone cared when it seems in the press that no one does. He reminded me to be proud to be a Soldier and never forget that it is me and my fellow Soldiers who help keep America free, and no one can take that for granted."



Presenting one of the Purple Heart medals at Fort Drum

Eustis MPs receive Soldier's Medals

by *Melissa Hancock, The Wheel*

Two Soldiers received the nation's highest award for non combative heroism during a ceremony at Wylie Theater here recently.

The Soldier's Medal was awarded to Specialists Andrew Roe and Aaron Wittrock, both of the 202nd Military Police Company, for a heroic act performed while serving in Kandahar, Afghanistan, in support of Operation Enduring Freedom.

The Soldiers were participating in a training event when they saw flames engulfing the roof of Kandahar International Airport.

"When I saw the airport on fire I knew it was serious," said Wittrock. "I saw people running around inside. I decided it would be best to take action."

Roe, Wittrock, and Spc. Brandon Stover, who has since left the Army, ran into the burning building and pulled out six local men.

"They were crouched in the corner," said Roe. "There was fire on the ceiling and thick smoke. We screamed for them to get out, but they wouldn't listen, so we had to go in and get them."

The military police receive language training and knew how to say basic commands in Pashto, a language the fire victims spoke. They used this training to communicate with the nationals in the fire.

After they were pulled from the fire, the nationals received medical treatment for smoke inhalation.



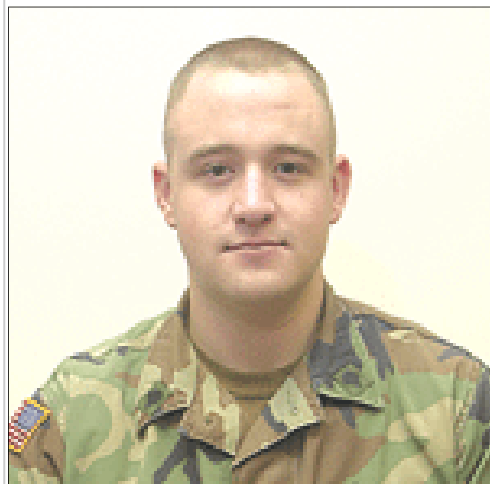
Specialist Andrew Roe

Thanks to the three Soldiers, there were no casualties in what could have been a devastating event.

Soon after the excitement, the heroes called home; Roe to his wife and family and Wittrock to his parents.

"I wasn't surprised when I heard," said Leslie, Roe's wife. "He is a brave Soldier."

The Soldier's Medal is awarded to a member of the U.S. Armed



Specialist Aaron Wittrock

Forces or of a friendly foreign nation who, while serving with the U.S. Army, distinguished himself or herself by heroism that didn't involve conflict with an enemy. The performance must involve personal hazard or danger and the voluntary risk of life under conditions that don't involve conflict with an armed enemy.

"In combat, it's one thing if you're shooting at the enemy or being shot at," said Brig. Gen. Mark Scheid, Fort Eustis commanding general "But it's totally different when you're going into a burning building, rescuing people who are too afraid and fearful to come out on their own and going back in a second time, knowing that building can collapse at anytime."

"That's why the Soldier's Medal is so precious. In the 28 years of service I have, I only know of one other person who has ever received the Soldier's Medal," said Scheid. "That tells you they aren't given freely and this is a very special event. These guys are outstanding and I'm proud they are in our service. Thanks for what you have done and the representation of our military. I couldn't be more proud of you two right now."

Those are words Wittrock takes to heart.

"I was honored," he said. "I didn't do the action to receive the award. It was gratifying to get an award as prestigious as this."

The Soldiers, who returned home from deployment in late December, aren't making any big plans

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to celebrate. "It's just nice to be home," said Roe. "That's celebration enough."

* * * * *

MCACH to become Army Health Clinic

by J. Raynel Koch, *The Wheel*

McDonald Army Community Hospital will change its name May 5, to McDonald Army Health Clinic. This change is part of the Base Realignment and Closure transition.

Patients will not be cared for any less than before, according to Col. Steven D. Hunte, MCACH commander. BRAC brought about more benefits for the hospital's patients, according to Hunte.

The inpatient services will remain the same until May 5. The change is the amount of time a patient will stay at the clinic after a general surgery. "All surgical patients will be released within 23 hours and 59 minutes," said Hunte - a minute short of a one-day stay.

"This phase one and two recovery gives us a wider margin to let us perform a little more complicated surgeries. Under our care, we'll have 23 hours and 59 minutes to ensure patients have a full recovery."

MCACH is a category 1 hospital. By having the 23 hour and 59 minute rule, they can perform more complicated surgeries, such as a repair of torn anterior cruciate ligament. "If we did not have the 23-59 for some of the surgeries, we would be pushing people out of our door a little too soon," said Hunte. "We have a whole gamut of people, from the very young who are healthy enough to recover quickly, to some older people who may have a medical history."

Ninet-five percent of MCACH's surgical workload will still be performed on a same-day basis, according to Hunte. However, there will be no reduction in any of the current medical specialties. "We will bring in new specialties such as a Gastro Clinic and a pain management service," said Hunte.

The capacity of Pediatrics, Physical Therapy and Dermatology clinics will also become expanded. "We know these areas are frequently used

by our population on post," said Hunte. The surgeon generals office gave us money and we invested it into these specialties."

The hospital is also negotiating with surrounding medical facilities to share the cost of medical specialists like an anesthesiologist for the pain management clinic, according to Hunte. If there is a complex and acute case requiring longer inpatient stay Langley's 1st Fighter Wing Hospital, Portsmouth Naval Hospital, and local civilian hospitals are ready and willing to accept them, according to Hunte.

There will be no changes in the pharmacies and the Primary Care provider staffing will remain the same. "We will continue to focus on maximizing all opportunities for ambulatory surgery," said Hunte.

The MCACH full-service dining facility will convert to a food court as part of the BRAC, according to Hunte.

"It sounds scary, because it's BRAC, but we have really taken this and focused on making it a better hospital," said Hunte. For more information about MCACH changes, visit (www.narmc.amedd.army.mil/mcdonald).

(Continued from page 7)

to keep this in mind, not only because it is the right thing to do, but because it could land them in a world of trouble.

The technology of communication is a double-edged sword and often the sharper edge is being used against you. There have been too many instances of sensitive information being made public. For example one officer posted a picture of his tactical operations center or TOC, complete with secret documents showing troop rotations.

Another Soldier in theater posted when his unit's laundry runs

were. That information has IED opportunity written all over it.

The list of what should not be posted on an unsecured site or sent via unsecured communication channels is almost endless. It includes the obvious like troop movements, operational details, TDYs, planning issues and any classified material. But it also includes any personal information - information that could be used to put you, your fellow soldiers or even your own family at risk.

This is also a matter of situational awareness; knowing what seemingly innocent information could be useful to the enemy. Each unit's operational security professional

needs to advise supervisors on means to prevent the release of sensitive information.

But every Soldier, regardless of rank and position, has a personal responsibility to safeguard what makes it onto the Internet. In order to ensure that sensitive and unauthorized information is not posted, check with your immediate supervisor for approval before your next blog entry or site update. More information on OPSEC can be found at https://opsec.1stiocmd.army.mil/io_portal/Public/Pages/Sections.cfm?Section=Opsec

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Power lifter preps for his next challenge

by Mike Strasser, Fort Lee Traveller

The trophy case in Sgt. Maj. Michael Bennett's office testifies to his passion for powerlifting, but is only a portion of the success he has achieved since taking on the sport in 2000.

As the maintenance supervisor for Headquarters, Headquarters Company, 49th Quartermaster Group, Bennett has amassed dozens of awards, medals and trophies in his first six years as a competitive power lifter.

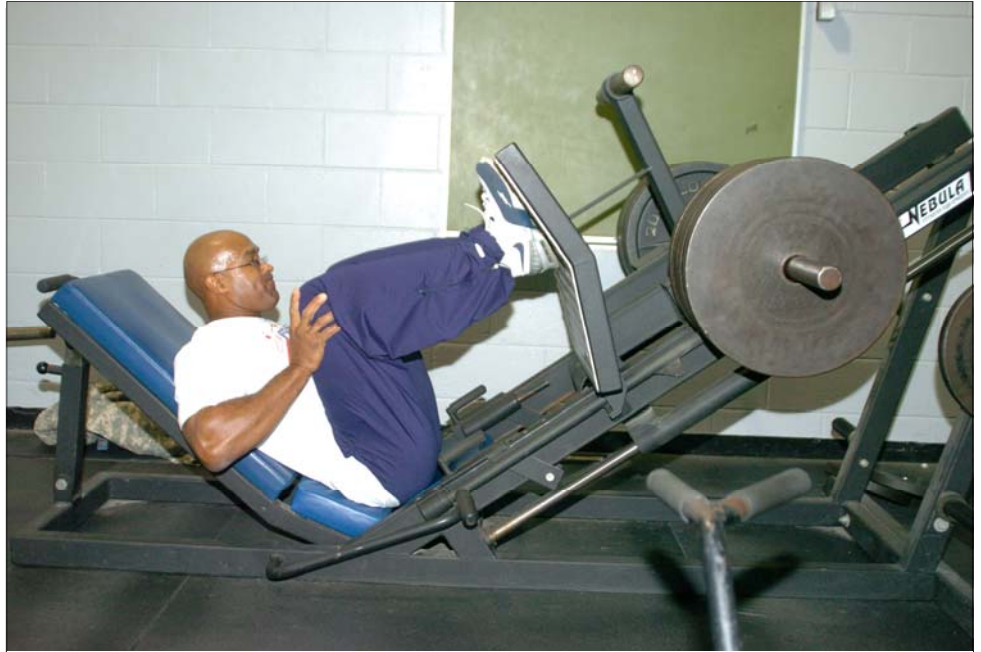
At 44, and averaging his weight at 215 pounds for competition, he is currently preparing to add to his collection when he competes in the Amateur Athletic Union World Championships, Jan. 27 - 29 in Richmond.

Bennett will compete in the squat, bench press and dead lift, having qualified recently with a 525-pound squat and a 405-pound press. Bennett also recorded an AAU world record dead lift of 705 pounds, an accomplishment he's already surpassed and hopes to improve on.

"I've done 710 three other times, but I couldn't break a world record because it was a state meet," said Bennett. "You can only break a world record on a national level. I broke it in October, but it hasn't been published yet, or not that I'm aware of."

Bennett's achievements have been recorded in Power lifting USA magazine and on the AAU Web site. He is currently ranked ninth in the dead lift, his favorite of the three power lifting disciplines.

Bennett is looking to up his game at the AAU competition with a 725-pound dead lift, and has prepared with regular workouts on post at the MacLaughlin weight room. Most recently, he recorded a 710-pound dead lift at a Hopewell meet.



Sgt. Maj. Michael Bennett another meaning for the term "push back"

Bennett learned about power lifting from colleagues while stationed with the 51st Maintenance Battalion in Germany. He was active in the post track team, running mainly short-distance and relays. He supplemented his workouts with weight training in the gym where he met power lifters who helped increase his strength.

At Aberdeen Proving Ground, Md., Bennett filled the void of not having a track team with weightlifting. On a second rotation in Germany, he acquired more training tips which would eventually spark his interest in power lifting.

"I was getting stronger at that time, but power lifting didn't really interest me too much then," said Bennett. "When I came back to Maryland, that's when I became interested."

Bennett proved he had the muscle to compete after winning a post competition in 2000. He also organized a post power lifting team with his advanced individual training Soldiers.

"I don't know what the motivating factor was for me," said Bennett. "But I guess it was a way to show the

younger Soldiers what they could do. A lot of them gained interest when they saw me doing it, and then they asked me to train them."

Bennett led the team of more than 12 male and female lifters in team competitions throughout Pennsylvania and Maryland.

"When we competed collectively as a team, we started winning team events," said Bennett. "I started improving myself. So by training them, it also helped me out a lot. That's when I began competing more."

Last year, Bennett competed in eight meets at the 220-pound weight class and 40-44 age groups, doubling the meets from 2004. Bennett's plans in 2006 include competing in the Armed Forces National Power lifting Competition and AAU Triple Crown Classic in Richmond.

But after a series of full meets, he hopes to eventually compete only in the dead lift.

"I ultimately want to get over 750 in the dead lift before I get too old," said Bennett. "It's my strongest event, and I'd like to break a lot of records."

Career Rigger retires after 37 years in service

By Paul Sweeny, Fort Lee Traveller

Several thousand feet above ground, a parachute rigger repeats the motto "I will be sure always" memorized from the first day of training. When the moment comes to prove those words true, the Soldier jumps, and the parachute opens.

Every student achieving that first jump experiences the pride and confidence that goes with the training acquired from their rigger instructor.

Brig. Gen. Scott G. West, 21st Theatre Support Command commanding general, remembers his instructor fondly. In 1976, the 48th Quartermaster General was a second lieutenant at the Parachute Rigger School at Fort Bragg, N.C., when he met Chief Warrant Officer 5 Arthur Waldo.

"I remember him as a very professional noncommissioned officer who inspired confidence in his young students," said West. "I've had the opportunity to observe him as a senior NCO and when he was first appointed as a warrant officer. I served with him as a CW4 and CW5 and found him to be one of the finest, most technically astute warrant officer with whom I have served in my nearly 30 years of service."

With 37 years of service as a parachute rigger and more than one thousand airborne jumps to his credit, Waldo has amassed a lifetime of field experience and knowledge. On Dec. 30, Waldo, the master airdrop systems technician at the Aerial Delivery and Field Services Division at Fort Lee, retired from active duty.

"He's a legend in the field, and that's something I wouldn't say lightly," said Maj. William Fegler,



"Where's Waldo?" Dropping from the sky for the last time....

ADFSD deputy director. "The incredible stamina it takes to be on jump status for 37 years is amazing. To get out every morning, and still do PT and jump out of planes speaks volumes of his mental and physical toughness."

Among his duties as the senior rigger in the field, Waldo has taught both the basic and advanced warrant officer courses. He also provided technical advice to the quartermaster generals and Department of Defense for new equipment and parachutes being tested.

But teaching students is the most rewarding job of all, according

to Waldo, and is something he holds in high regard.

"It's real rewarding to be a parachute pack instructor, and in my opinion, it is one of the best you can be," said Waldo. "You take students right out of high school and teach them a new skill that they'll use throughout their career. That's a real mark of achievement for any instructor."

Instructing also meant learning and acquiring a mental reference library, according to Waldo. When students have questions, Waldo wanted to provide them with the

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information they needed.

"It can be real trying and challenging because it forces you to get into the books more," said Waldo.

"Students will ask you a question that a normal rigger wouldn't ask. It makes you a better instructor, a better rigger, because you've always got to be digging, try to get better and more educated."

Retiring as the longest-serving active duty parachute rigger who's completed more than 1,000 jumps, Waldo digresses on that aspect of his career.

"I've never kept track of jumps," said Waldo. "In 1973, I had 65 jumps when I earned my master parachutist badge. I could say I've had thousands of jumps, and I do have over 1,000, but that's unimportant to me and I've never kept track."

On Becoming a Rigger

Waldo enlisted in the Army in 1969 and completed Advanced Individual Training as a parachute rigger at Fort Lee. Prior to that he acquired the military occupational specialties of a 63-class mechanic for wheeled and track vehicles. Before completing jump school, Waldo signed up for parachute rigger training.

"I didn't even know what a rigger was then," said Waldo. "I kept seeing these people with red hats. During those times, everything was green, so seeing a little color was something new."

Toward the end of jump school, the Soldiers were given a briefing on parachute riggers and then asked if they wanted to enter that training. Waldo admired the respect and professionalism which the riggers carried, and he saw that in the interac-



Chief Warrant Officer 5 Arthur Waldo recovers his parachute for the last time.

tion between the Airborne instructors and the riggers who advised them.

"That air of professionalism about them was something I noticed while I was there," said Waldo. "If an Airborne instructor has to talk to a rigger, and they hold riggers in high regards, I knew they have to be somebody special."

Waldo had not planned on a military career after his three-year enlistment contract expired. After a seven-month break in service, Waldo returned to the Army as a specialist.

"It's an honorable profession, and it's what I'd like to do," said Waldo. "So when I came back in, I knew it was for the long haul."

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82nd Airborne Division

"It was a rude awakening leaving the training base and going into an organization that actually does something," said Waldo. "I had pretty much been training my whole short career until then."

While assigned with the 82nd, Waldo worked on air drops at the air delivery division. He recalled the task of moving the entire rigging facility to another location, which has since been moved to its present location.

"That lasted for about 20 years until it moved again," said Waldo. "Three moves in the heavy drop rigging side in the 82nd is probably something that will not be witnessed a lot while on active duty."

Setting Goals

His first goal was earning the stripes of a noncommissioned officer. He set his sights on achieving the rank of sergeant first class, but intended to reach a higher goal. "An E-7 seemed to be a reasonable goal and a mark of success," said Waldo. "I was a sergeant first class in the parachute rigger field, and in my mind, was probably a highlight of my career."

In 1981, Waldo transitioned to warrant officer.

"I thought I had more to offer in the longer haul as a warrant officer," said Waldo. "I wanted to work with Soldiers and systems for an entire career versus in and out of the MOS, so that became my goal."

Challenges and Opportunities

Waldo has served in a variety of assignments including rigger section officer in charge with the 1st Special Forces Operational Detachment - Delta. He was stationed in Kaiserslaut-

tern, Germany, as platoon technician for the 5th QM Detachment. This assignment afforded Waldo an opportunity to travel and relax when not on duty.

"I was coming out of a highly specialized, classified assignment, and Germany was almost like a three-year vacation," said Waldo. "I enjoyed it. There were no significant events during my time there which involved the riggers. The day-to-day mission was packing parachutes and supporting out own internal operations. We did support and general support for the theatre."

Waldo's next two assignments brought him back to Fort Bragg. He was operations officer with the 612th QM Company, and then detachment commander of Special Operations Aerial Delivery Element for the Joint Special Operations Aerial Delivery Element.

"It was a chance of a lifetime," said Waldo. "People don't often get to select who they'll work with. But in this particular position, we actually got to recruit the folks who worked there. It was a competitive process, and to surround yourself with the top five-percenters in the Army, as I like to call them, it certainly makes you look good. It was probably one of the greatest highlights in my career at that time."

Theodore Dlugos, ADFSD director, first met Waldo while stationed at Fort Bragg. Before ever having met the chief, Dlugos was well aware of his stellar reputation.

"That's how respected Chief Waldo was," said Dlugos. "I had already heard about him long before meeting him. He's had that kind of impact on the people around him."

Upon Retirement

As he leaves Fort Lee, Waldo

sees his retirement as the end of one phase and the beginning of another.

"Well, it's a small world, as this is where it all started, and so I guess it's appropriate that this is where it ends," said Waldo. "But this is only one phase of my life and my career. It's an honor to have started here, and it's more of an honor to finish here, especially as a W-5 in the parachute rigger field."

"I've been a rigger for 30-something years, and I think I have brought something to the table for the school and for the services, in terms of field experience, operational, testing and research and development experience."

West relied on that expertise when the need arose and considered Waldo his "Go-To Guy" throughout his career.

"It breaks my heart to think of this Army without Art Waldo in it," said West. "If I had the authority, I would have promoted him to CW6. We will surely miss Chief Waldo's outstanding leadership, technical acumen and sharp wit, but we are a better Army for his service."

Future plans include travel and a lot of fishing. Waldo, a consummate fisherman, has competed and placed in several tournaments, and plans to enter more while enjoying the warm weather in Florida. From there, he and his wife, Evelyn, will settle in Tennessee, outside of Knoxville.

"It's been a great time, and I really enjoyed my time here," said Waldo. "I wouldn't have changed a thing. But it's also been pretty challenging and tough at times. If it wasn't that way, you're not learning."

Letterkenny Army Depot safety record improves

Courtesy Letterkenny Safety Office

Letterkenny Army Depot's safety efforts support President Bush's Safety, Health, and Employment (SHARE) initiative to lower lost-time injury and illness case rates and reduce lost workdays.

Comparing pay data provides a total annual average lost day rate. Letterkenny has drastically reduced its lost day rate in the last two years from 31 to 7 (The formula for "lost day rate" is the number of incidents per 100 employees.) Additionally, Letterkenny's continuation of pay (COP) rate, total last workday claims, and COP lost workday claims rates have all decreased.

Safety is an area difficult to gauge with the simple assignment of a numerical value. Depot Commander, Colonel William Guinn, said "indeed, this is very good news

for Letterkenny; but I'd like to see these numbers driven to zero".

"Leaders set the pace for accident prevention" by anticipating needs, focusing on practices and techniques, enforcing safety procedures – involving the workforce with safety on a daily basis.

These rates represent a 100% improvement over two years ago and stand well below the overall Army's current lost days rate of 27.

Several factors are credited with making a change in Letterkenny's safety record. Most significant was instituting a policy to have an accident review board for any occupational injury resulting in more than one day lost from work.

Additionally, the commander has encouraged supervisors and work leaders to emphasize safety and hold everyone accountable for safety. The buzz work last year was "Risk Manage-

ment", i.e. think of what could go wrong and plan before you act.

Additionally, the ergonomic and housekeeping improvements being incorporated with LEAN rapid improvement events have contributed to this downward trend.

Effort was also made to conduct targeted training, provide safety awareness information based on current injury and accident information to engineer out hazards. We have placed a greater effort on targeting all accidents and injury types as well as conducting new employee orientation briefings and regular safety meetings.

Letterkenny Army Depot, Chambersburg, PA is the Center of Technical Excellence for Air Defense and Tactical Missile systems and employs approximately 2,000 military, civilian and contract employees on its 17,500 acre site.

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This is a very serious matter and the fallout from even one instance of releasing unauthorized information can be severe. Senior Army commanders have clearly stated that the Army must "hold people accountable that place others at risk."

Relevant punitive measures are spelled out in AR 25-2 and are worth a thorough reading.

Soldiers have been fined and demoted because of information put on a blog that could have helped the enemy. But the consequences of allowing mission and personal information to get out is more dangerous than simply running the risk of a fine;



It could get your fellow Soldiers killed and even put your family members in harm's way.

Psychologically, keeping information tightly guarded is a challenge, especially for soldiers in a wartime environment a long way

from friends and family. There is a great urge to connect and let people know what is going on.

Often it seems that just a little bit of information can't hurt. Everyone needs to remember that there are many ears and eyes focusing on these little pieces of information.

A terrorist manual found in Afghanistan stated, 80 percent of information gathered on the enemy (you) is gathered openly! The technical abilities, resourcefulness, patience and determination of enemy operatives cannot be underestimated – watch what you blog!

(Editor's note: Information provided by the G6 Information Assurance Office.)

Volunteers trained to prepare taxes

By Lisa R. Rhodes
SoundOff! Staff writer

Two weeks ago, Angie Hunter-Coopedge, a paralegal with the claims branch at the Judge Advocate General's (JAG) office, knew nothing about taxes and probably would have had her taxes prepared by a commercial professional this year. But Hunter-Coopedge is no longer a tax novice.

"I think I can actually fill out my own taxes if I scratch my head," said Hunter-Coopedge. She was one of 67 service member and civilian volunteers to be trained in tax preparation during two weeks of training held by the Volunteer Income Tax Assistance (VITA) Training Program, Jan. 16-27 at McGill Training Center and the JAG office.

The program, sponsored by JAG and the 70th Intelligence Wing, provides free tax training and prepares volunteers from Fort Meade and surrounding military installations to file income and small business tax forms for active duty service members, their dependents, retirees and reserve Soldiers that are on active duty for more than 180 days. The volunteers provide their services for free.

"This service saves the military members a lot of money in tax preparation fees," said Dwight Jacobs, supervisor of the Joint Installation Tax Center.

The center is operated by JAG. "We do it for free but with the same results as H&R Block and Jackson Hewett." Last year, volunteers at the Joint Installation Tax Center filed 2,100 returns for service members and saved them \$3.5 million dollars in refunds.

Airmen from the 70th Intelligence Wing who complete the training program provide free tax services at the Airforce Tax Center at the National Security Agency.

The volunteers, some of whom came from the Naval Station in Annapolis and Walter Reed Army Medical Center, are trained by instructors from the Internal Revenue Service in Baltimore. They also receive hands-on training with Tax Wise, a tax preparation computer program.

Oksana Stowbunenko, a tax instructor, said the volunteers learn everything from how to interview clients to receive correct tax information, to tax deductions, child tax and education credits, to the sale of stocks and home sales. Hunter-Coopedge said she learned about capital gain distribution and the earned income credit.

This year's changes in the tax code includes provisions for victims of hurricanes Katrina, Rita and Wilma, and for people who took hur-

ricane survivors into their homes after the destruction. Deployed service members in Iraq, Afghanistan, Bosnia and Kosovo qualify for income tax exemptions because these locations are considered combat zones. For enlisted service members all income earned in a combat zone is exempt, but for officers, income is excluded up to a certain limit.

"I thought it would be good to help other people," said Shamaine Martin, a specialist with the 704 Military Intelligence Brigade, who volunteered for the training after her first sergeant asked her to help out. Martin has a degree in finance and was interested in learning about tax deductions.

Volunteers who complete the training program become certified in tax preparation and sign a code of ethics for the field.

The Joint Installation Tax Center will hold its grand opening on Jan. 30.

The center will be open from Feb. 1 to April 18, Monday - Friday, 8:30 a.m. to 3:30 p.m. For more information about the Joint Installation Tax Center call 301-677-9762.

Editor's Note: Some information for this article was taken from www.defenselink.mil.

Civilian employees honored for their work

By Travis Edwards,
Community Relations Director

Seven federal employees were recognized in a ceremony Tuesday for

consistently exceeding normal performance standards and continually working to make Fort Meade a better place to live, work and play. During a

ceremony, the installation commander pinned civilian achievement awards on the 2006 Garrison Employees of the Year.

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"The Employee of the Year program is a way for the installation to recognize and reward excellence," said Installation Commander Col. Kenneth O. McCreedy. "We are blessed with a highly competent and caring work force, but it is important to look for and single out those who stand out from their peers."

"The process we go through to do this is important, because it leads supervisors to stop and think about what the members of their team are doing and what impact it is having on the entire installation," he said.

According to Debra Fredette, Fort Meade Civilian Personnel Advisory Center, this year's program was brought more in line with the Excellence in Federal Career Awards Program. This will allow for several of the employees to have their packets forwarded to the next level, the Baltimore Federal Executive Board. The Baltimore Federal Executive Board will then determine the Regional Employees of the Year.

McCreedy stated that "it also stimulates the work force to think about excellence, offers them models for achieving it, and gives them a sense that people appreciate and reward extraordinary efforts."

The employees were nominated by their supervisors, who submitted packets to a special panel or board on the installation. This board was made up of directors and supervisors from all across the garrison. The supervisors had to explain to the panel why their employee had exceeded the standard and how they were a model employee.

The categories included appropriate fund and non-appropriate fund employees.

All of the employees were grateful to be recognized.

"It is a significant honor to be nominated, let alone selected. I could not do my job though without the hundreds of dedicated hard working people I work with everyday. My success is their success," said Child and Youth Services (CYS) Director Martha McClary, Outstanding Supervisory Employee of the Year. "It is especially rewarding to be recognized with two other Morale Welfare and Recreation (MWR) colleagues. It is wonderful the award process includes Non-Appropriated Fund (NAF) employees since the majority of the MWR workforce is NAF."

There were supervisory and non-supervisory categories.

"To be chosen as an Employee of the Year means a great deal to me. Without the help of my supervisor and fellow coworkers, I would not have been able to achieve this award," said resource management employee Christina Austin, an MWR employee who was recognized as the Outstanding Administrative Assistant Employee of the Year. "All employees should be recognized for the great work that is done here at Fort Meade."

For some, this was a goal along the road to a higher standard.

"I have set a professional standard for myself and I'm close to attaining it. Being recognized as one of Fort Meade's Employees of the Year is a public recognition of my attempts to reach that standard," said MWR Resource Management Chief, Joseph Collins, Outstanding Supervisory Non-Appropriate Fund Employee of the Year. "But this award really reflects the combined efforts of all of the directorate's great personnel in providing outstanding service to the Fort Meade Community. They sustain the environment which al-

lows me to function most effectively. I hope I do the same for them. This award tells me I'm somewhat successful in achieving that goal"

The selection included a Rookie of the Year category for employees who entered service with the calendar year.

"It's such an honor to be recognized in this way. It is very rewarding to know that my supervisor appreciates the job I do each day," said Rookie Employee of the Year winner, Jill Savin, who works in the installation Public Affairs Office as the post webmaster and public affairs specialist.

The career fields ranged from everywhere between administrative and public affairs to supervisory and television production.

"It's not about winning awards. It's just about doing the best job you can do every day. Frankly, I'd be embarrassed to think that the work I was doing is in anyway below the standards," said Meade TV producer Mary Doyle, Installation Public Affairs Office and winner of the Outstanding Professional Non-Supervisory Specialist Employee of the Year. "And it's also about the people you work with. Anything I don't do, someone else has to pick up and do. I couldn't look my colleagues in the eye knowing that things I slacked off on ended up as jobs they had to do."

Fort Meade Food Program Manager Samuel Sankey Jr., Directorate of Logistics (DOL), was selected as the Trades & Craft Employee of the Year. "I am honored to be recognized by the garrison. This award shows hard work and dedication pays off just as it did for the Chesapeake Inn dining facility team during the Philip A. Connelly evaluations. Our teamwork, our supervisors support and

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our dedication to the employees and service members of Fort Meade is what makes these awards possible," Sankey said.

Directorate of Public Works (DPW) employee Arthur Bailey, Outstanding Professional Non-Supervisory Technical Employee of the Year feels "it's always good to be recognized when you think you have done a good job. But, at the same time, I would have been happy to see this award go to many of my co-workers who also work very hard."

"Fort Meade is very important to me. It has given me a way to provide for my family and to do a job that I think is important. I also try to look at the supervisors priorities and make them my priorities. This is the same thing I want from those I supervise. Lastly, I try to get past worrying about personalities - I just want to get the job done," Bailey said.

"We have many good employees on this installation," McCreedy said. "The great employees distinguish themselves by the tremendous professional competence, their innovation, their willingness to take initiative, their doggedness in pursuing solutions to difficult problems, their ability to organize and lead teams, and their capacity for seeing and understanding the larger picture of what the enterprise is all about."

Citations for the Excellence in Federal Career Awards

Martha McClary, winner for Outstanding Supervisory Employee of the Year, is the CYS coordinator for MWR. Her management has caused the CYS program at Fort Meade to become a model throughout Department of Defense military installations. The program is one of

the few within the Army to be accredited by the National Association Education of Young Children. Aside from her strong leadership of the CYS, McClary was also the interim director of MWR during the past year and she performed all of her work at an extremely professional level.

Arthur Bailey, winner for Outstanding Professional Non-Supervisory Technical Employee of the Year, is a maintenance mechanic leader for the DPW. During the past year, Bailey has gone above and beyond his role at DPW to provide quality assurance duties for the Heating, Ventilation and Air Conditioning portion of the A-76 contract. His vigilance and experience saved Fort Meade a considerable amount of money in unnecessary repairs. Not only has Bailey done an excellent service to Fort Meade, he has also helped his co-workers by volunteering to be the consideration of others training facilitator for DPW.

Mary Doyle, winner for Outstanding Professional Non-Supervisory Specialist Employee of the Year, is an audio-visual production specialist in the installation Public Affairs office. Doyle's exceptional technical expertise and creativity were instrumental in the introduction of a new series entitled, "In their own words." The show airs on Fort Meade's cable access channel. The segment highlights the diversity of jobs performed by personnel in the community, many of them overlooked by viewers. Her hard work and dedication resulted in a positive image of the installation as a people post.

Jill Savin, winner for Rookie Employee of the Year, is a public affairs specialist and webmaster in the installation Public Affairs office. Savin's efficiency, technical proficiency and imagination have made

Fort Meade's Web site into an interactive and useful source of news and information. Working closely with partner units of Fort Meade, she has maintained links and posted "hot shots" that give members of the Fort Meade community information on events, activities and happenings around the installation. In addition to her work on the Web site, Savin has also proven herself as a team player dedicated to the mission of Fort Meade.

Samuel Sankey Jr., winner of Trades & Craft Employee of the Year, is both the quality assurance evaluator and food program manager for DOL. Sankey's outstanding performance filling both positions greatly contributed to the continued excellent standing of the management of the food service contract.

His technical knowledge in food service policies and procedures also helped to lead the Chesapeake Inn dining facility to its first Philip A. Connelly Army-wide award in 34 years. During all this he also contributed greatly to the final design, equipment and décor of the new Freedom Inn dining facility.

Joseph Collins, winner for Outstanding Supervisory Non-Appropriate Fund Employee of the Year, is the chief of the MWR Resource Management Office.

Despite the absence of a financial manager, Collins has overseen the development of the first installation MWR fund annual operating budget under the new Uniform Funding and Management program, whereby both appropriated and non-appropriated funding streams were merged. This was a radically new concept in MWR operation and has increased financial operations considerably. Collins has consistently gone the extra step for the organization

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and its employees.

Christina Austin, winner for Outstanding Administrative Assistant Employee of the Year, is an administrative assistant with the MWR Resource Management Office. Austin

manages the Directorate of MWR Human Resource program, a program that supports more than 100 general schedule and wage grade personnel and nearly 450 non-appropriated fund personnel. She is also responsible for the debt collection program for the directorate. Her

expertise in the debt collection program has greatly reduced the outstanding debts owed to Directorate of MWR activities. The program has recently been audited by the Internal Review and Audit Compliance office and was commended for its efficiencies.

New Portable Chemical Sterilizer provides sterilized surgical instruments anywhere, anytime

NATICK, Mass. ~ To meet the needs of Army medics in difficult situations, a team of expert research scientists have developed an apparatus to conveniently sterilize contaminated medical equipment in the absence of electricity.

Christopher Doona of the Research, Development and Engineering Command (RDECOM) Natick Soldier Center (NSC)-Combat Feeding Directorate here, and Dave Baer of the U.S. Army Medical Research and Materiel Command (MRMC) Institute of Surgical Research (ISR) in Fort Sam Houston, Texas, assembled a team of research scientists and engineers including Florence Feeherry (NSC), former Senior Scientists Irwin Taub (NSC) and Al McManus (ISR), and professors Ken Kustin (Brandeis University), Maria Curtin (Stonehill College), and Satish Kandlikar (Rochester Institute of Technology).

The dedicated work of the NSC-ISR team of chemists, microbiologists, physiologists, and engineers in developing a Portable Chemical Sterilizer (PCS) has paid off. In the past year, they designed and tested three different prototype versions, submitted two patent applications to the U.S. Patent and Trademark Office

(USPTO), and were selected for a 2005 Department of the Army Research and Development Achievement Award for their outstanding scientific and technical excellence.

U.S. Army medics treating wounds in far-forward field stations face many challenges. Power generators are often not only unavailable, but their use is undesirable due to the noise and heat they emit. With an ample supply of sterile medical equipment, the surgeon can patch wounds and save limbs and lives, even in such a remote location. However, once a doctor's supply of clean, germ-free surgical instruments is used up, all surgery must stop. Medics can use only sterile instruments. Contaminated instruments risk spreading life-threatening infections and are useless for saving lives even in the hands of the most skilled surgeon.

Medics need a lightweight, durable, and reusable apparatus that can easily be transported and used in remote locations to conveniently sterilize contaminated medical equipment in the absence of electricity. This device must be truly portable: it should weigh 15-20 pounds, and have the size and dimensions adapted for easy carrying. And the doctor doesn't want to wait for hours for fresh, sterile instruments; the sterilization process should be completed within 15-30 minutes.

The team considered the commercially available sterilization methods such as steam-autoclaving, irradiating, or fumigating, and found that each method failed to fulfill the three

requirements of sterilizing contaminated medical instruments: power-free, portable, and fast-acting. The team worked together and forged an innovative new solution: a novel chemical combination activated by small quantities of water in a specially designed lightweight plastic carry-case with sufficient capacity to sterilize an entire tray of used surgical instruments.

To operate the Portable Chemical Sterilizer (PCS), packets of safe chemical reagents are mixed in water to generate large amounts of germ-destroying chlorine dioxide. Chlorine dioxide is the lethal chemical agent that was used to decontaminate the Hart Senate Office Building and the Brentwood postal facility during the anthrax (bacterial spore-former *Bacillus anthracis*) attacks. In alternative treatments, chlorine dioxide could be used to decontaminate military field equipment, sanitize field-feeding equipment, or to eliminate harmful pathogens or spoilage organisms from the surfaces of fresh fruits and vegetables.

The NSC-ISR team also developed a special aluminum pressure vessel for use in more severe environments such as high altitudes or freezing temperatures, and the chemical combination is augmented with the familiar MRE heater to generate chlorine dioxide and high temperatures. Gas scrubbers remove any excess gas so the device can be safely operated indoors while ensuring operator safety.

The environment will not be

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Veterans set record straight about Vietnam

by *Renita Foster, Fort Monmouth Public Affairs Office*

Four veterans from the Vietnam Veterans of America, Chapter #12, are armed with artifacts, a slide presentation and personal accounts of Vietnam duty to attempt to provide a factual account of the Vietnam War for school children and anyone else who wants to listen and learn.

"Our chapter felt it was time the experiences of Vietnam from the veterans themselves be heard," said Don Davison, Information Technology Services Directorate, here.

Davison served in Vietnam with the 11th Armored Cavalry from 1968-69. "This is a part of American history that is so misunderstood and needs to be remembered correctly so we began by offering this program mostly to schools," he said.

Bob Frake, Ernie Diorio, and Dennis Beauregard who also served in Vietnam and are part of Davison's team, begin by describing what the war was like, and what their units and duties were, as well as living conditions and what kind of food they ate.

Tools that reinforce the veterans' accounts from that time period are a collection of items that include everything from ammunition to Army uniforms to C-rations and traditional Vietnamese dolls.

"When children see the actual items that were used, they get a much better appreciation for what we're talking about and they're going to remember it for a long time afterwards," said Davison.

A slide show demonstrates the vast differences in Vietnam 35 years ago and how it looks today. The vivid pictures include the stark reality of war such as destroyed Army equipment and places where Agent Orange was used to destroy foliage compared to the present, modern high rise buildings.

The team also has slides that show what Veterans Day means to them and how it's celebrated to enforce the understanding of why it's important to never forget veterans.

"Youngsters need to know they have a good life here in America thanks to veterans," said Davison. "It's vital this appreciation be instilled so that future generations continue remembering and honoring."

Davison is passionate about his Veterans Day project as he believes current history books don't accurately portray Vietnam veterans' service overseas and the kind of treatment they experienced after coming home.

"The last thing we want is for today's veteran to experience the same thing," said Davison.

The group agrees that they get enormous satisfaction when they see understanding replace confusion in students after providing detailed explanations to questions regarding why and how certain things happened in Vietnam and the United States.

Davison believes the program has helped eliminate misunderstandings due to inaccurate teachings and speculations about what actually happened during the Vietnam War.

"Too often people hear and believe what someone else is saying; only these 'someones' weren't there at that time nor they were in the military and it was just an opinion. What we present are simple facts," said Davison.

The Chapter 12 Team acknowledged that it's just in the last few years the Vietnam Veteran is starting to hear "thank you," and "welcome home."

The veterans also believe many Soldiers who served in Southeast Asia are still uncomfortable with their experiences and therefore make it their policy to help anyone needing it.

"Vietnam veterans have a saying, 'No generation of veterans will ever be forgotten by another generation of veterans.' No matter what war they were in we will be there to assist them," Davison said.

For the second year in a row, Chapter 12 brought its special program to Thompson Middle School in Middletown.

The school is closed on Veterans Day, but Rosemary Richards, student assistant coordinator, was determined to heighten awareness of this important event and Davison's group was the perfect answer.

"They come two days before Veterans Day and that really helps the students prepare for this significant occasion," said Richards. "In previous years we've had Soldiers who served in Iraq and World War II, and it's our hope to get veterans out here every year and let the students hear and learn from them."

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Richards says response to the programs has been overwhelming. Richards also said parents have called commenting how much the children talk about it at home and many of the teachers follow up and add to the

demonstrations in their classes as well.

It's a reaction she's thankful to see since many of the students were not born at the time, and therefore have no recollection of these historical events.

"I think it's important to see and hear actual 'flesh and blood' Soldiers, especially from Iraq, rather than just what is on television and get a different perspective. You can tell by the questions they ask the students are deeply absorbed when these veterans are speaking," added Richards.

A Fort Monmouth love story

by *Linda Severini*

Fort Monmouth has been in the local and even national news of late because of recent Base Realignment and Closure Commission decisions. Much has been written in the past about the fort's early days as Camp Alfred Vail and later as the home of the Army Signal Corps and School.

But there is one history that has not been reported, at least not publicly, and that is about to change.

In June 1944, Fort Monmouth played host to 500 former World War II Italian prisoners of war (POWs), officially called "Signees."

Two Italian-American couples visited their former POW "paisanos" who were employed at the fort in housekeeping services.

Marie Teresa and her husband Galliano lived in Newark and had relatives in Union Beach.

Weekend rides to the shore included side-trips to Fort Monmouth to drop off some homemade pasta and cannoli to distant cousins who longed for the delicacies of home.

Concetta and Alfonso from nearby Red Bank did the same and soon the "regulars" became friendly and it wasn't long before Alfonso invited Galliano over for some home-made wine.

Concetta and Alfonso had a

daughter, Phyllis, who worked as a telephone operator for Bell Telephone.

In those days morale-boosting, letter-writing campaigns to American Soldiers were common.

So when Tessie asked Phyllis to write a letter to her son, George, who was serving in the Army in the Pacific, she obliged and mailed a letter to a young man she had never seen or spoken to.

George penned his response in a foxhole on his 20th birthday. Phyllis replied and in his next letter George boldly asked Phyllis for her picture. She wrote back but didn't include a picture.

Figuring that this girl must not be much of a "looker" George gave up writing.

Eventually the wars in Europe and Japan were over.

Infantryman George received a Bronze Star for valor under enemy fire before making his way home to for some well-earned rest.

But his parents had other ideas and dragged their war-hero son to meet their friends in Red Bank, where for the first time George laid eyes on a very pretty, petite girl of 18 with shiny, blue-black waves of hair and deep brown eyes.

Legend has it George thought

she was rich because she was wearing a full length mink coat. Phyllis was taken aback by the sight of a tall, Auburn-haired, green eyed stranger in uniform standing in her living room. And she knew something was up when her father gave George his car keys and allowed her to go downtown unescorted for some ice cream.

That was March 1946.

The wedding was Sept. 14, 1946.

"Little George" was born a year later, followed by Robert in 1951, and Linda in 1955.

After a few moves in a small house trailer around Fort Dix and here, they made a permanent home in Eatontown, not far from what was then the Patterson Army Hospital gate.

George retired from the Army in 1963, became an instructor with the Signal School, and later worked for CECOM.

Fort Monmouth was always at the center of our lives and brings back wonderful memories: shopping at the Post Exchange, serving as altar boys and going to Mass on Sundays, playing Little League baseball, Friday nights at the Teen Club, chicken-in-the basket dinners, Bingo, New Years Eve parties at the NCO club, movies for a quarter at the Main Post and

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Charles Wood theaters and Armed Forces Day celebrations.

Robert was born in the old hospital that later became the Satellite Communications office.

At age 15, I sang at a folk mass at Myer Hall (now Pruden) auditorium.

In 1973 Patterson Army Hospital doctors diagnosed Robert with second stage Hodgkin's disease and he was successfully treated at Walter Reed Medical Center in Washington, D.C.

I went to work for ECOM (the old Electronics Command) in 1974, met my future husband there and made a career in supply and logistics.

It is very hard for me to imagine that Fort Monmouth could cease to exist. It is for me and my family, our hometown. Greely Field holds memories of Dad's Army retirement ceremony.

Dean Field is where my brother George knocked home runs beyond the lights and received the Fort Monmouth Most Valuable Player trophy.

Even the Post Burger King holds memories as the informal meeting place for the World War II veterans and retirees (my dad included), affectionately dubbed the "Burger King Buddies" by the restaurant staff.

When Dad passed away in Sept. 1999 I couldn't pass Greely Field without crying, thinking all the while that he should've been laid to rest there under the Signal Corps World War II Memorial.

He loved the Army and Fort Monmouth and I can't think of anything that would have been more fitting as a final resting place for a man who dedicated 42 years of his life to serving both.

It is not a stretch to say that my brothers and I might not exist at all if not for the existence of the fort and the chance meeting of two couples

that became friends and whose children became lovers.

The fort has always weathered looming threats of closure and it is difficult to accept that the worst will happen and its doors will close forever.

Like many others I had hoped that the fort would weather this latest storm too, and continue to thrive and grow and do what it has always done best~ supporting the Soldiers who defend and protect us every day from those who would do us harm.

Final footnote: Unlike George, Phyllis kept the two letters that she had received from him and has them safely tucked away in a hope chest along with baby shoes and other precious keepsakes. Even stranger, she kept only those two letters out of the many she received from local boys prior to meeting him for the first time in March 1946. They were married 53 years.

Nanotechnology in Medicine: Science fictions fast becoming science fact

*by Dr. (Lt. Col.) Roman Bilynsky
Patterson Army Health Center*

Nanotechnology deals with the development and creation of products or components where the size is typically less than 1,000 nanometers.

It is hard to envision something so small, but consider it manufacturing things as small as a living cell or even smaller like the individual components of a cell.

Why is this important for medicine in the future?

Diseases and illness occur not

just on the grossly visible level, but on a cellular or molecular level. We currently "discover" or diagnose cancer or other diseases when the level of involvement is no longer microscopic in size, but large and visible to our eyes or our diagnostic machines. Let's review some current projects in development.

The National Cancer Institute (NCI) is involved in researching and developing this technology.

The Alliance for Nanotechnology in Cancer at the NCI is working with the Food and Drug Administra-

tion and the National Institute of Standards and Technology to develop techniques for testing new nanotechnology-based cancer therapies.

Many of the medical technologies in development today using those methods will need new procedures for their review and development.

The questions that are being asked before the technology gets to market include: how do you measure the effectiveness of something working on molecular level?

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Is it doing anything else on that microscopic level that we are not aware of?

Is it possible to mass produce such microscopic machines or medications with that same consistency as larger products?

Side effects of chemotherapy and other medications may be reduced or eliminated by drugs manufactured to attack only cancerous or other targeted cells.

This engineering has to be done on the molecular level, using nanotechnology and other similar techniques.

Affymetrix GeneChips are being used in a project by the national Alliance for Autism Research to locate genes associated with a predisposition to autism.

The high-density micro array device has small bits of DNA on its surface and is used to look for patterns associated with specific diseases or conditions.

The technology will allow rapid analysis that will help us find the ge-

netic basis of diabetes, multiple sclerosis, obesity, sudden infant death syndrome, autism and other disorders.

Once the genetic sequences are determined, it will still take a long time to analyze their meaning.

Developing treatments or therapies directed against the genetic product or defect is still many developmental stages away. While the media broadcast the discovery of a new genetic sequence for a particular disease raising hopes for a cure, the fact of the matter is that there is always a long way and time to go before new developments translate into something you or I can use to treat ourselves.

Major advances in nanotechnology herald the development of neurological implants to repair or augment people's vision and movement.

Since the body works on a microscopic level, the machines that are needed to fix the problem need to work on a microscopic or molecular level as well.

The technology seen 20-30 years ago in the 'Six Million Dollar Man'

television series in many respects is no longer in the far future, but in development right now.

Diseases or problems affecting motor control such as Parkinson's Disease or stroke may be circumvented by these future technologies.

Devices are being developed to bypass damaged areas of our nervous system to reactivate or supplement damaged or diseased neuronal pathways. It is possible that people paralyzed in accidents may someday walk again.

Retinal implants enabling doctors to restore at least partial vision will help the vision impaired.

In summary, bigger is not always better.

Nanomachines or nanotechnology will allow tiny devices or specially designed medications to achieve therapy and rehabilitation goals that we only dream about today.

Science fiction is slowly moving toward becoming science fact. Improved diagnosis and treatment will hopefully result in improvements in not only duration but in quality of life for all.

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harmful, because the chemical end-products are harmless salts that can be dissolved in water and easily disposed.

While developing the concept of a PCS prototype was truly an innovative scientific achievement, moving this invention from the laboratory bench-top to an actual field setting requires validation testing to ensure its effectiveness on killing common infectious bacteria, such as Staphylococcus aureus, Escherichia coli, Listeria monocytogenes and Bacillus-type spores.

Doona was eager to demonstrate

that practical results could readily be achieved with the lightweight plastic carry-case.

"I was delighted that tests in the carry-case model with exposure times as short as 15 minutes left the microbiologist searching in vain for any signs of live bacteria," said Doona. "It was one time when a negative result was purely positive."

The Army and regulatory agencies demand nothing less than 100 percent killing of these harmful pathogenic bacteria, and the PCS satisfies this demand.

Currently further tests and evaluations of all aspects of this appa-

ratus are underway to determine its optimal design for commercialization.

With this truly portable, rapid-acting field sterilizer at the ready, far-forward teams will be better able to maintain their supply of fresh, sterilized instruments, and the highly skilled Army doctors will be better prepared to react to medical emergencies and protect the health and lives of today's warfighter confronting a hostile combat environment.

For more information on the Natick Soldier Center, please visit the website: <http://nsc.natick.army.mil/index.htm>.

Katrina duty takes Monroe worker 'home'

By Patrick Buffett, The Casemate

Decimated neighborhoods and razor-wire barriers are a memory Doug David will never forget.

"Never in a lifetime could you ever be prepared for sights like that, especially right here in America and so close to home," the Fort Monroe employee said.

"It's so much more than what you see on TV. The devastation is overwhelming. Entire communities are flattened, and the concertina wire makes it look like a war zone. You stand there and it all hits you ... you wish you could close your eyes and make it all go away."

Just over a month ago, David was participating in Hurricane Katrina recovery efforts around Hattiesburg, Miss., a sprawling southern community situated about 110 miles north of New Orleans. Contributing his expertise as an engineer with TRADOC's Directorate of Personnel, Infrastructure and Logistics, David served as a quality assurance inspector for debris removal in that part of the state.

"Helping out meant a lot to me because I grew up in Louisiana, and a lot of my family still lives in that area," David said. "My sister had a home just below New Orleans, and I have two brothers who still live in Lafayette, just west off of I-10."

Fortunately, none of the relatives were harmed when Katrina – a category 4 storm packing winds in excess of 145 mph – crashed ashore in late August. His brothers' homes also survived the tempest and their

families are now helping others who were displaced from their homes, David said proudly.

During his month-long assignment, David said he had an opportunity to see some of the areas that had the misfortune of being located in Katrina's direct path. He encountered main roads that are still blocked by debris or were crumbled by the storm's flood waters.

National Guard troops were still prohibiting access to parts of Gulfport, Miss., which is very close to the area where the eye of the storm came ashore. He also recounted the haunting moment when a friend pointed at an open field and exclaimed "look at that."

"At first, I wondered what in the heck I was supposed to see, but then I noticed it ... a bunch of stone steps was all that was left of what used to be a community. A thing like that is really hard for people to take," he said.

David also witnessed the desperation of people who used to call those areas home. He emphasized that the daily struggle for life's necessities – which includes everything from running water to re-establishing homes – will continue for many months, and possibly years, to come.

"I don't know how I would have handled the situation if I was working farther south where most of the damage was," he said. "But I'm glad I witnessed it and have a chance to talk about it in your story because it will help people remember. We can't forget what those folks are going through and how desperately they

need our continued support."

Turning his attention to the business of debris removal, David said crews are working 12-hour days, six days a week to clear roadways, parks and other public property of refuse created by Katrina. One estimate by the Army Corps of Engineers puts the amount of debris across 14 counties in Mississippi alone at 23 million cubic yards.

"That would cover 230 football fields at a depth of 50 feet each," David said, citing the figures provided by the corps.

"In the area where I was assigned, they projected that the cleanup work wouldn't be completed until March, and most of the stuff we were picking up was downed trees and other bio matter. Obviously, the task will be much more complicated, and timely, in the areas farther south where the debris includes everything from parts of buildings to cars and destroyed furniture."

The Corps of Engineers is recycling as much of the debris as possible, David noted. In the region where he was located, large wood chippers and grinders were in operation around the clock turning "biomass" into mulch. That, in turn, is used for landscaping, landfills and other environmentally friendly projects.

"The whole operation is very impressive and the (Corps of Engineers) deserves all the praise we can give them for the work they're doing down there," David said. As a quality assurance inspector, he monitored the reporting of accurate load weights

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Army ups interest in Post-traumatic Stress

By Patricia Radcliffe, The Casemate

A recent Army survey of Soldiers returning from Operation Iraqi Freedom has shed new light on posttraumatic stress disorder.

"A mental health assessment team surveyed Soldiers during the first iteration of OIF and then surveyed them again after they had gotten back," explained U.S. Army Training and Doctrine Command Surgeon Col. Greg Jolissaint. "They found that anywhere from 10 to 15 percent of Soldiers who experienced certain kinds of activities in theater exhibited signs and symptoms of posttraumatic stress.

"Those who were exposed to pretty significant events – i.e., came under attack or saw their buddies get injured and evacuated – are at risk," the colonel said. "Interestingly enough, just seeing the remains of human beings, even if you don't know them, is indeed a cause for posttraumatic stress."

Jolissaint said leaders were surprised to find that Soldiers in the mortuary affairs specialty, not medics, were the largest group exhibiting PTSD.

Recent studies have also focused on the long-standing problems associated with the screening process for PTSD. Soldiers used to be screened upon leaving the theater and when they first returned to the United States. Healthcare providers would

ask general and specific questions about physical and mental health concerns, but the providers often felt they did not necessarily receive accurate information from Soldiers, Jolissaint said.

"The problem with mental health over the years is the stigma associated with seeking such care. When you ask people those types of questions – particularly when they are about to leave theater – there's always a fear that it's going to result in a delay in their departure for home."

"Screening was also being conducted within those first five days of a Soldier's return to the states," Jolissaint said. "But what else is happening at that point? They're participating in welcome home ceremonies and going on block leave. The only thing they want to do is enjoy their family. So, they don't always answer the questions truthfully or they just don't seek help. Or, perhaps, because they're back, they think it's all over and any problems will go away."

Jolissaint said the only people they were able to diagnose in that first week after returning home were those who were very profoundly affected by posttraumatic stress symptoms (which was a very small percentage). Another significant group of Soldiers exhibiting signs of posttraumatic stress emerges over the 90- to 180-day period following redeployment, the medical assessment team

survey also indicated.

"At that point, they tend to answer questions more openly because the 'honeymoon' is over with their family and they are back into their routine with their unit. They also know whether they are having problems with jumpiness, restlessness or repeated intrusive thoughts. They want to get help," Jolissaint said.

Medical experts are also interested in the service members' ability to "block out" posttraumatic problems while in theater; possibly because of a survival mechanism.

"I think people hunker down and don't really think about what they are going through, knowing they will have to face it another day," the colonel said.

The truth usually makes itself known, however, through bad dreams and recurrent thoughts about an incident.

"This is absolutely normal when you have experienced what some Soldiers have gone through in theater," Jolissaint said. "But it's not okay three to six months later when those dreams are causing them to wake up in a cold sweat, and those intrusive thoughts are causing them to be jumpy. Oftentimes, it has an adverse affect on relationships. When that stress gets to the point that it's adversely affecting your ability to function, that's when you need to get

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for payment purposes and that safe load requirements were being met.

"Overall, the assignment was very rewarding," said the father of

three. "And I would go back in a heartbeat if the opportunity presented itself.

"I also realize what it took to send me down there – the money, the logistics and others in my office

having to cover the additional workload – and I can only offer my thanks to TRADOC, my supervisors and the team at DCSPIL for giving me that opportunity."

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some help.”

The good news is that, over the last 10 or 15 years, a lot of the stigma associated with seeing a “counselor” has diminished. It’s much more socially acceptable to have someone to talk to about issues in your life.

“It (still) gets to be a problem with the military,” Jolissaint said. “There is an expectation that you are going to be able to deal with any problem that’s thrown at you and not have to worry about it. You don’t need someone to talk to because you’re a ‘hooah, hooah’ person and you wear a uniform.”

Knowing the assumptions and reactions of service members, as well as which groups are most prone to exhibit PTSD symptoms, has prompted Army healthcare managers to modify their approach by making available resources known even before Soldiers go into conflict. New information products like the compact disc titled “Soldiers, Stress and Depression: Profiles in Personal Courage” are helping military members understand how to recognize and deal with stress within themselves and among other Soldiers. It also offers advice on where to seek help to work through their problems.

The Army is also taking a proactive stance by ensuring mental health professionals are available to Soldiers in the field and after they return home.

“Lots of different resources are available,” Jolissaint noted. “The majority of organizations in theater have a unit ministry team. The ministry team consists of a chaplain and a chaplain’s assistant who usually spend a lot of time out in the field talking to the Soldiers and letting them know that they are a resource. Those ministry teams have alleviated

a lot of anxiety by allowing Soldiers to just talk it through.

“Also on the battlefield they have something called combat stress teams, which consist of mental health specialists – enlisted folks – as well as social workers, psychologists and psychiatrists. They roam around talking to Soldiers right where they work. They ask how they are doing and what’s going on in their lives. They want to see how that Soldier is handling the stress, whether it’s something mundane like staying alert at a checkpoint or the very real pressure of being out on patrol. They are literally delivering therapy on the battlefield. And, if things aren’t going well, they have the ability to ‘pull the Soldier off the firing line,’ so to speak, and get him back with a mental health professional ... just to talk.”

Key redeployment installations like forts Campbell, Bragg, Stewart and Drum, and even smaller installations like Fort Story, also offer mental health programs that routinely deliver group-type educational classes and therapy. Appointments are available to anybody who needs or wants them.

Soldiers can also use the resources available on-line. Confidential assistance is offered through DA-approved agencies like Military OneSource, which also operates a toll-free hotline that offers free consultations with a mental health provider. TRICARE will also cover the cost of mental health appointments, which opens additional resources to those service members who are assigned to installations without a robust mental health community.

If a Soldier has turned to alcohol as part of his coping mechanism, there are civilian resources like Alcoholics Anonymous or a military resource called ASAP - Army Substance Abuse Program that can help, the

surgeon said.

“Whether you’re assigned to TRADOC, FORSCOM or any other place in the Army, we want you to know that resources are available to you anytime and anywhere,” he added.

The pursuit of improved mental health among Soldiers requires greater involvement by Army leadership, Jolissaint emphasized. “We know if we really want the program to work, the leaders have got to be at the front of the line. They too must be willing to talk to mental health providers so the Soldier will see it’s okay and that such consultations won’t adversely affect their careers. We need to lead by example.”

Because of innovative thinking by Army leaders, instances of PTSD seem to be diminishing, according to information Jolissaint has received about the latest mental health assessment team survey.

“The MHAT has actually been over in theater surveying Soldiers again. We are waiting for the (final) results now. We know that from what they told us, it is about half of what it was last time. The first time around, it was 10 or 15 percent, so we can only assume it is in the five to eight percent range now.”

TRADOC is also paying close attention to the statistic concerning mortuary affairs specialists and their susceptibility to PTSD. They’ve recommended changes to the training program at Fort Lee, Va., to help future mortuary affairs specialists cope with the possible emotional trauma associated with the recovery of remains from the battlefield or a medical facility, Jolissaint said.

“We have introduced opportunities for trainees to work in realistic

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settings, such as Dover Air Force

Base (Del.), with people who are knowledgeable in the field and understand the business of providing

dignity and respect on the occasion of a Soldier's death."

Finding help for PTSD

If you or someone you know is displaying behavior associated with PTSD, get help through any of the following resources:

Fellow Soldiers – Talk to your friends about what you are feeling. Oftentimes it's a reality check ... a first line of defense.

Chain of Command – Team leaders, squad leaders, platoon sergeants/leaders, first sergeants, company/battalion/brigade commanders, command sergeants major.

Unit Ministry Teams – They're especially good at counseling.

Family Life Chaplains – Many have a Master's Degree in Counseling and will try to save a marriage; some will also work individually with the members of a couple.

Military One Source (Formerly Army One Source) – Call 1-800-342-9647, or visit the Web site

at: www.militaryonesource.com. They offer six free sessions and it's anonymous.

Primary Care Managers – Many family practice physicians, physician assistants and nurse practitioners are quite comfortable treating depression and sleep problems.

Community Mental Health Service – They usually have at least one psychiatrist and a variable number of psychologists and social workers on staff as well as behavioral health technicians.

TRICARE Counseling – Spouses can go for free. Service members can often share a family member's appointment for marriage counseling.

Veterans Administration – Or Veterans Centers.

Army Substance Abuse Program (formerly ADAPCP) – Especially helpful if the Soldier or family member has a problem with alcohol or

drugs.

VA/DOD Joint Programs – Aimed at service members near retirement and currently operating at Forts Hood and Bliss.

Local Church Programs – Lutheran Social Services, Catholic Social Services, etc.

Army Community Services – Often coordinate/conduct stress management, anger management, parenting and other classes.

The internet – There is a plethora of good information available on-line. Just do a search using the keyword PTSD.

From the garrison commander: It is important for every Army leader to educate Soldiers on the symptoms of PTSD and resources for treatment to maintain our readiness and, more importantly, preserve life and prevent injury before an unfortunate incident occurs.

Monroe Soldier receives ovation at concert

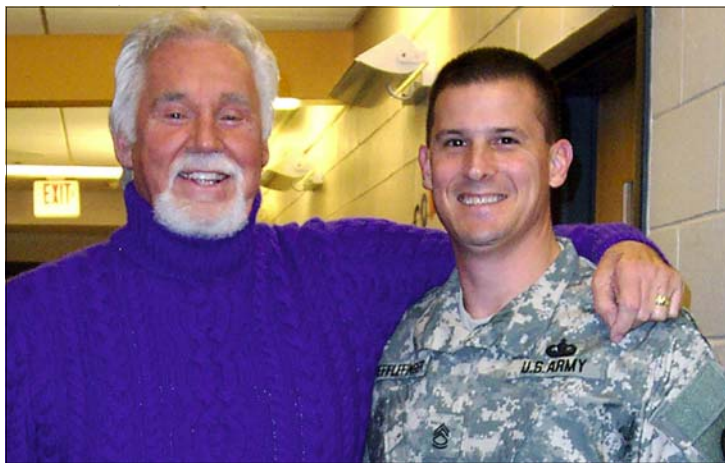
By E. David Vida,
The Casemate

Legendary country music superstar Kenny Rogers paid tribute to a Fort Monroe Soldier's service in Iraq during a special concert recently in Emporia, Va.

Sgt. 1st Class Adam Hefflefinger of The U.S. Continental Army Band was recognized for the duties he performed while commanding security convoys and escort missions in Iraq in 2003.

He also entertained fellow Soldiers as a saxophone player with the Fifth Corp Band. Hefflefinger is a recipient of the Bronze Star and the Global War on Terrorism Expeditionary Medal.

"A lot of people came up to me at the end of the concert to thank me



Country music superstar Kenny Rogers poses with Sgt. 1st Class Adam Hefflefinger of The U.S. Continental Army Band during a recent Operation Tribute to Freedom concert in Emporia, Va.

for my services in Iraq," Hefflefinger said. "The support that they showed was wild ... you don't usually hear about that, you only hear about the bad things."

During the concert, Rogers dedicated the song "I'll Be Home For Christmas" to Hefflefinger who was in the audience with his wife Kasia.

Backstage, Rogers personally thanked Hefflefinger for his work and gave him his support.

The ongoing series of concerts by Rogers are part of the Army's Operation Tribute to Freedom – "a program thanking hometown Soldiers for their services in Iraq and Afghanistan and helping the American people understand the Global War on Terrorism 'one Soldier's story at a time,'" according to a Department of Army press release.

To learn more about Operation Tribute to Freedom, visit www4.army.mil/otf. The site includes a schedule of upcoming OTF events and positive stories about current and recently deployed Soldiers.

Flagging excellent day care on post

by Michael Norris, *The Pentagonagram*

A deployed parent, who's been keeping in touch with his 3-and-a-half year-old son and the tyke's classmates at Fort Myer's Child Development Center, sent a flag and citation honoring the center and his child's primary caregiver in December. The plaque and the flag are displayed in the lobby of the CDC.

Chief Warrant Officer Mark Grapin of the 63rd Aviation Group, Army National Guard, has been sending letters to the classroom of Jackie Tillery, who oversees a group of toddlers to preschoolers, ages 2-and-a-half to 4, including Sean Grapin.

Tillery, a lead child care provider, said Grapin's postcards to the class talk about the culture, weather and other aspects of his deployment in Kuwait. The kids in turn send him questions, drawings and wishes of support.

The citation, displayed in a glass case in the Child Development Center lobby, reads:

"The accompanying American flag was carried aloft on [a] combat mission ... over the Tigris Valley, Iraq, in an UH 60 Blackhawk helicopter 25534 on the seventh day of November, 2005.

"The flag is presented to Miss Jackie Tillery and her preschool class of 2005 on behalf of [Chief Warrant Officer] Mark W. Grapin while forward deployed to Balad Air Base Safah ad Din, Governorate, Iraq, in support of Operation Iraqi Freedom and America's war on terrorism.

"Thank you for your support."

Tillery said it's unusual for a deployed parent to keep in such close contact with a child. She said Grapin



The citation and flag Chief Warrant Officer Mark Grapin sent his son's caregiver at the post Child Development Center is in a glass case at the center. (Photo by Michael Norris)

had been deployed for about three months and that she and the class hears from him twice a month — although the letters usually arrive 12 to 15 days past their postmark.

Tillery, a 20 year veteran of the Child Care Center, also looked after Grapin's son Eric, who is now in kindergarten.

Mom, Brinda Grapin, remembers Tillery being very helpful in getting Eric potty trained within a week.

"She's very patient and recognizes that kids have different personalities. She doesn't try to mold them," Brenda Grapin said.

"[Tillery] does a lot of independent work with children," said Jamie Ruffini, Child and Youth Services coordinator. "She takes the time to get to know the Soldiers and their families. It helps put Soldiers' minds at ease when they're deployed."

Tillery said she appreciates the recognition.

"I thought it was very thoughtful," she said, "that a parent thought that much about me and the program."

"It's wonderful [the affirmation]. We want to support the Soldiers any way we can," said Debbie Ritchie, Fort Myer child and youth liaison.

The Grapins live in Falls Church. "It's a little far to go," she said of the CDC, "but it's worth it." Brenda Grapin said her husband sent a similar citation and flag to Eric's teacher at Westlawn Elementary in Fairfax County.

"We are proud of our Child Development Center," said Garrison Commander Col. Thomas A. Allmon. "Our team is dedicated to providing quality, caring child care to the children of our service members. It gives those parents a peace of mind knowing their children are in good hands. Grapin's symbol of gratitude demonstrates that our parents know our children are in good hands."

Old Guard continues serving community

by Matt McFarland
Pentagram staff writer

Whether it is a funeral, a wreath laying, a ceremony greeting a foreign dignitary, if something important is happening in the National Capitol Region, the Old Guard is probably there.

Officially the 3rd U.S. Infantry Regiment, but typically referred to as The Old Guard, it is a Fort Myer Military Community partner with responsibilities unlike any unit.

"There's two sides to our bayonet," said Regimental Commander Col. Bob Pricone.

The unit handles ceremonies, special events and memorial affairs for Army.

At the same time The Old Guard has a tactical mission of developing junior leaders and support contingency operations for the Military District of Washington.

Every day is busy for the 1,400 Soldiers in the Old Guard. Sentinels guard the Tomb of the Unknowns around the clock.

The Old Guard couldn't fulfill its duties without the headquarters company of the regiment, which handles administration issues like transportation and medical needs.

"They're behind the scenes making everything happening," said Pricone.

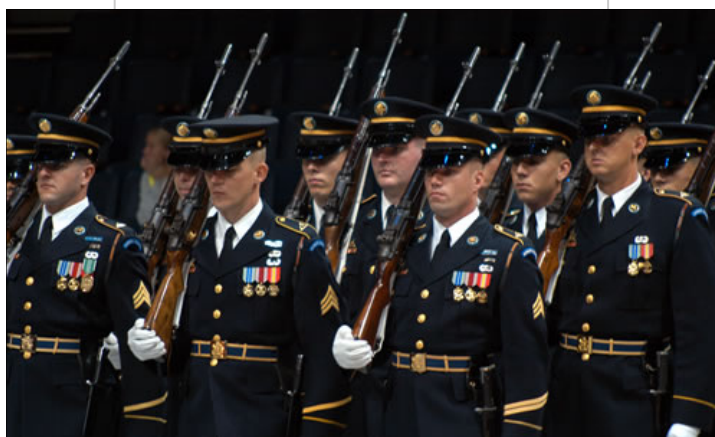
Some of the Old Guard's more well known elements are the specialty platoons.

Old Guard Soldiers are invited to apply to join the platoons — the

U.S. Army Drill Team, the Continental Color Guard, the Caisson Platoon, the Presidential Salute Battery and the Tomb Guard.

The Presidential Salute Battery fires its 3-ton anti-tank guns of World War II vintage, which are mounted on 105mm Howitzer chassis, at more than 300 ceremonies each year.

"The Old Guard carries a heavy workload, but they make it look easy.



It's great to have such a prestigious unit as a part of our Fort Myer Military Community," said Garrison Commander Col. Thomas A. Allmon.

Like the Old Guard, the Continental Color Guard's history stretches back to the early days of the United States. The Color Guard appears at everything from local events to the Olympics, wearing uniforms styled to match those from 1784.

Both the Army Drill Team and Fife and Drum Corps frequently perform across the country and the world. The badge awarded to sentinels guarding the Tomb of the Unknown Soldier is the second hardest badge to earn in the Army.

With high-profile responsibilities that allow no room for error, Old

Guard Soldiers continually train.

"Folks don't see all the work that goes on behind the scenes in rehearsing and inspecting to prepare for these events that they do," said Pricone.

The unit is coming off a busy year that included a change of command ceremony for the Military District of Washington as well as the retirement ceremony for former

Chairman of the Joint Chiefs of Staff, Gen. Richard Myers.

Through March the regiment will focus on squad training, squad external evaluation and squad live fire for rifleman.

On top of an already busy schedule, several new programs are planned for 2006.

An Ironman competition will be held in March. The contest will include pull-ups, dips and a three mile run. It will be open to all Old Guard Soldiers regardless of military occupational skill, rank, grade, or gender.

Another first time event will occur this April, a squad competition. Each company will nominate a squad conduct a force march, a live squad live fire, rifle marksmanship, an obstacle course and a PT test.

On May 5 the Old Guard will be holding an All-Ranks Ball.

Now seven months into his time with the Old Guard, Pricone says he is honored.

"I'm extremely privileged, and I'm humbled that I have the opportunity to command such a great regiment with a rich history," said Pricone.

Biologists and assessors test rodents to determine degree of post contamination

*By Ted Gabel
Special to The Picatinny Voice*

Who would have thought that field mice could be helpful when it comes to Picatinny Arsenal's environment? Well, sperm analysis from a sampling of the installation's rodents is helping officials determine if there is a need to conduct environmental cleanup work here.

For about two weeks recently, a field team of biologists and health risk assessors from the U.S. Army Center for Health Promotion and Preventive Medicine, known as USACHPPM, conducted an innovative small-rodent trapping exercise at several contaminated Picatinny locations.

The rodent investigation is part of a larger ecological study, which has the goal to determine the health of Picatinny's animal population. The study, which is officially called Phase III Ecological Risk Assessment, is more simply known as ERA.

The method applied, Rodent Sperm Analysis, better known by its acronym RSA, was developed by USACHPPM several years ago. It represents the most forward-thinking effort in the challenge to understand if, based only on potential ecological harm, contaminated properties really need to be cleaned up.

RSA recognizes that small rodents are the most desirable organisms to evaluate in a field-truthing approach to ERA. Field truthing is a process of verifying a speculation, and in this case, the speculation that



An assessor picks up a rodent to determine its statistics in an assessment similar to Picatinny's ecological risk assessment. Courtesy photo

contaminants in Picatinny soils are harmful to mammals and other animals.

The biology of small rodents essentially restricts them to a comparatively small area, because they are a non-migratory species and have extremely limited home ranges. This consequently also means they stand the greatest chance of demonstrating noticeable effects that derives from exposure to contaminated soils.

Before the rodent study, other studies were completed for approximately two-thirds of Picatinny's 150 identified sites; but in the previous Picatinny studies, desktop-computer

modeling was used to draw conclusions. That approach is acknowledged as being not as dependable in providing accurate results.

In ERAs, reproductive effects in site animals are of greatest concern, and RSA is designed to specifically address that biological function.

In the developed RSA method, the assessors know exactly how much of a difference in a sperm parameter, such as sperm count, there needs to be between the small rodents of the potentially contaminated site and those of a matched Picatinny reference site (where no contaminant re-

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leases have occurred) to translate into a finding of reproductive impact.

The field team headed out each day at the break of dawn to check the rows of traps they baited the previous afternoon at strategically placed 100-meter-by-100-meter woody areas. At the end of the two weeks, the USACHPPM team had their desirable number of captures or "keepers" (10-15 adult males of a species from both a contaminated site and habitat-matched reference area), allowing for valid statistical sperm comparisons.

Although there were a few nights that, despite the nearly 800 traps set out, there was only one "keeper," the USACHPPM team actually ended up with sufficient animals for two species comparisons (white-footed mice and chipmunks). This was a feat they'd accomplished only twice before.

The procedure team members followed was that each time a closed trap was discovered, they quickly noted the location of the capture and then determined the species, sex, and body weight. All animals other than adult males were released in the field, while the "keepers" were taken to a mobile on-site laboratory where they were euthanized.

At the laboratory, team members cut open the rodents' testes and examined the sperm with a highly specialized microscope.

Within minutes moving images of the animal's sperm, which was magnified several thousand times, were visible on the computer screen inside the mobile lab. The critical sperm count and other measures were then recorded electronically.

As of this fall, the USACHPPM



A rodent approaches the same type of "live" trap used in Picatinny's environmental assessment.

Courtesy photo

team anticipated that the outcome of the Picatinny RSA effort will mirror what has occurred at all of the Army installations where RSA has been applied to date. The expectation is that the sperm are healthy.

RSA theory says that if small rodents are not being affected, then other animals that contact contaminated areas much less often are also not being ill-affected.

RSA also incorporates common sense. It reasons that with 50 or more years having elapsed at a contaminated property, by the time someone conducts an ERA (the case for Picatinny's remaining Phase III sites), effects have either taken hold, or are never going to do so.

Aside from the patent-pending method RSA, the Phase III ecological study includes three other components: determining the abundance and diversity of macroinvertebrates in streams, conducting a plant commu-

nity survey, and determining if effects are occurring to birds through the evaluation of nesting and reproduction success. These studies are being performed here by Shaw Environmental, a contractor for the Army Corps of Engineers.

Based on the results of all the studies, the installation officials, with state and federal regulator input, will decide if there is a need to conduct environmental cleanup work.

The ecological risk assessment studies, and in particular the RSA results, should lead to great cost savings for the Army.

(Editor's note: Ted Gabel is the project manager for the Picatinny Environmental Restoration, Environmental Directorate.)

Picatinny's senior enlisted Soldier reflects on how being recruited changed his life

*Story by Tonya K. Townsell
The Picatinny Voice
Photos by Todd Mozes*

After a career spanning four decades, Picatinny Arsenal's senior enlisted Soldier recently turned in his Army uniform to prepare for his Feb. 1 retirement, but not before reminiscing about the effect it had on his life.

When he enlisted nearly 30 years ago on Jan. 26, 1976, Sgt. Maj. Delatha Bell joined the Army at a time when not many people were willing to sign up.

Bell's reason for joining was a common one. He said he had been out of high school for almost two years and was working at a local manufacturing plant near his home in Fayetteville, N.C.

"When I looked ahead at the future of most plants at that time, career progression just wasn't there," said Bell who saw his future as either working at the factory for the rest of his life or going somewhere else to make a life for himself.

Bell said that his exposure to Fort Bragg was a negative one that made him see the Army as something he had "no desire to join."

However, after Bell spoke about military experiences with a couple of his cousins who were drafted into the Marine Corps, he realized the military could offer him a better future, he said.

Bell visited a local recruiter to discuss his options. He had such a



Lt. Col. Kerry Skelton presents Diana Bell with a certificate of appreciation for her support of Sgt. Maj. Delatha Bell (center) during his Army career.

positive experience with the recruiter, he said, that it was only a short time later in January 1976 that he left the Military Entrance Processing Station in Raleigh for Fort Dix and for what Bell described as a drastic change in weather. "I'd never seen so much snow," Bell said with an amazed expression.

Bell said he initially joined the Army with the expectation of getting out in a few years. But, during his third year of enlistment he decided he wanted to serve for 20 years; then 20 years turned into 30 years, Bell said.

The positive experience Bell had with his recruitment has stayed with

him throughout his career and has driven him to be a strong supporter of recruiters.

During Bell's tour at Picatinny Arsenal he said he tried to assist local recruiting efforts by sponsoring tours of the installation to give potential Soldiers a "snapshot" of Army life.

Another positive experience that Bell described was one that encompassed his entire career and meshed well with his recruitment efforts.

That experience is networking.

Throughout Bell's career, during tours that have taken him around the

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globe, he has kept in contact with many of his fellow Soldiers, including some from his basic training company.

Bell said now that as a retiree he would like to visit many of the friends he's made over the years.

Advancement in technology

Back in the 1970s, when Bell began his web of friends, the only way to keep in contact was by postal mail. Bell said he was fortunate that he always had an address with family members in Fayetteville, so people didn't lose contact with him. But in today's world, keeping in touch through only the postal system seems archaic.

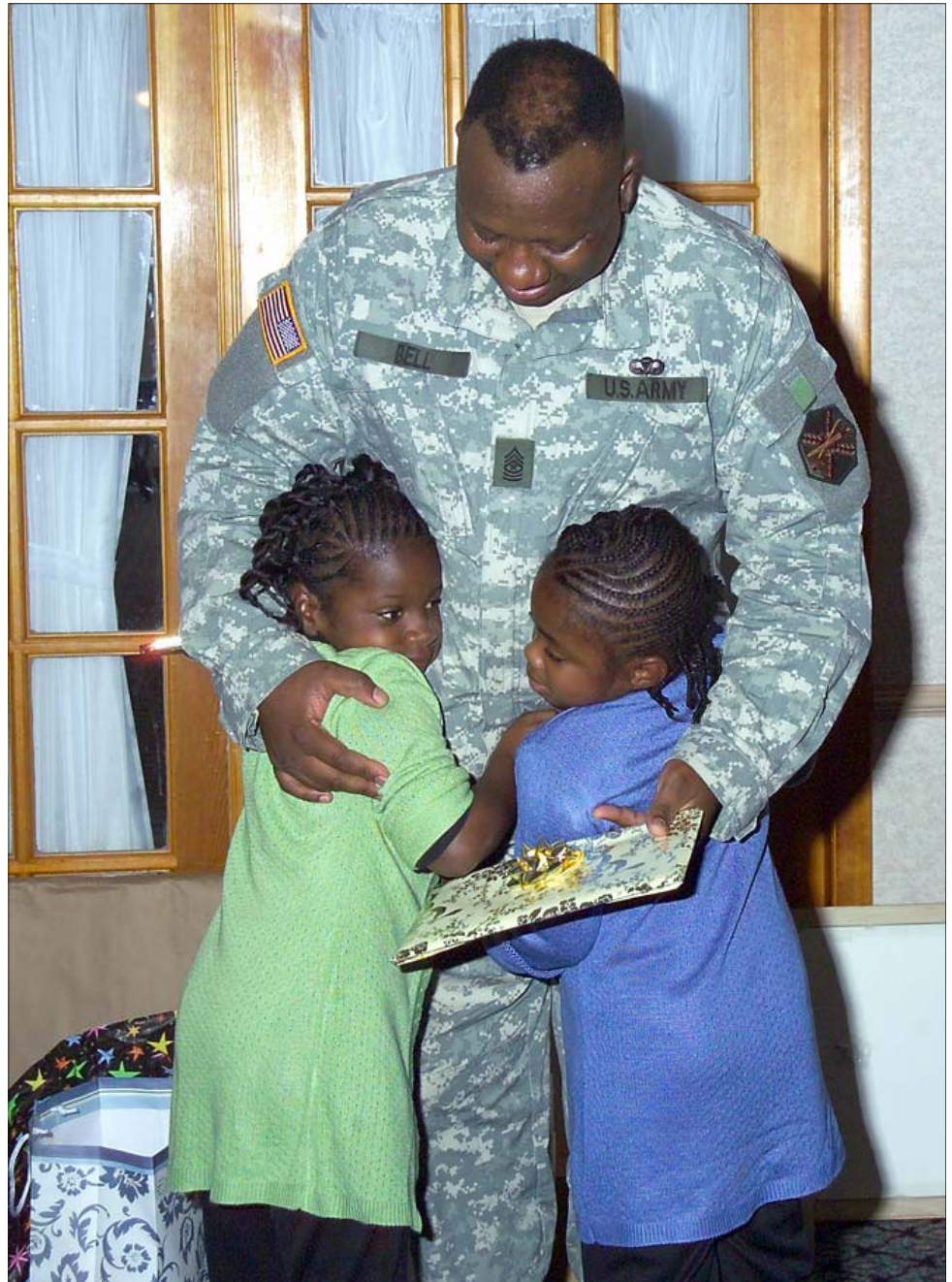
Bell said the thing that amazes him the most as he looks back over his career is advancement in technology.

"Things today are far more advanced than in the mid 70s," he said, explaining that with the changes in technology has come a change in recruits.

"I came in at the end of the Vietnam era. Most Soldiers were draftees and had a different look," Bell said referring to the professional look of Soldiers in today's Army. The Army needed "more manpower then, whereas now there's more technology," he said.

Bell said he used to run a dispatch shop with five Soldiers. But with the advancement in technology, that same shop would require only one Soldier and a computer.

When Bell officially retires, it will be to a vastly different technological world than the one from which he came. He will however be



Two of Bell's granddaughters envelop him in a hug during his retirement celebration.

prepared for life after the Army because Bell started planning his retirement after his 10th year in the Army, something he highly recommends to other Soldiers marking their first decade in the military, he said.

Because of Bell's planning, he and his wife Diana, who was his high-school sweetheart, already have a house waiting for them, which happens to be near their children and

grandchildren, he said.

Bell said he will miss many things about Picatinny, especially the comradeship of working with various agencies, groups, programs and people.

"The only thing I can say I won't miss ... is the snow," Bell said with a grin.

Movie star pays a visit to Fort Story

*Story by Melissa Hancock,
The Wheel*

Fort Story Soldiers cheered as Cuba Gooding Jr. walked into the Sandpiper Recreation Center Tuesday afternoon. Gooding, an Oscar-winning actor, smiled in response as he walked up the aisle to take his seat.

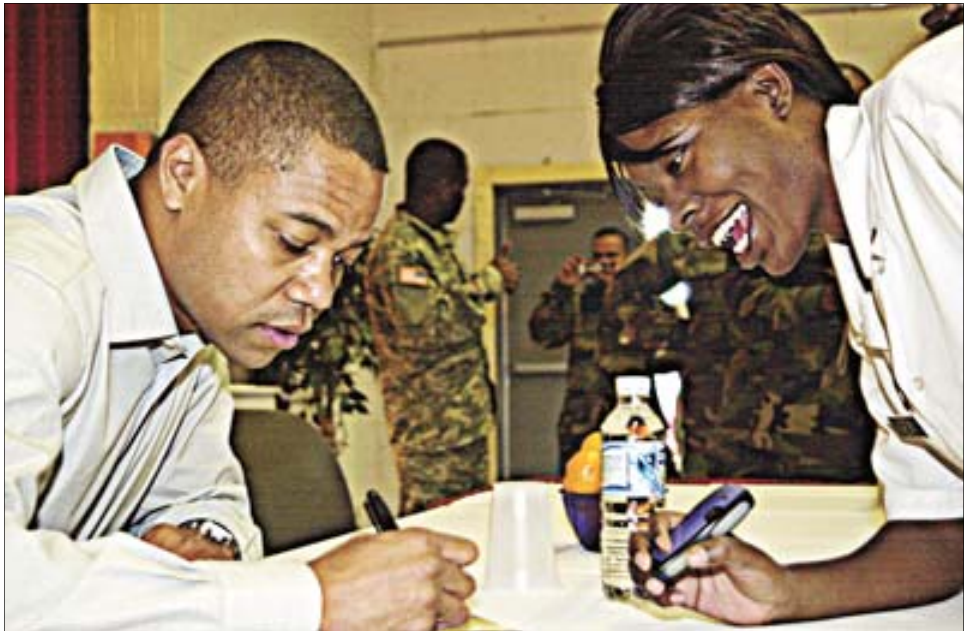
The actor was in town to show his appreciation to the men and women of the Armed Forces by signing his autograph on posters that featured him. He had a chance to say a few words before the autograph session, where he expressed his gratitude to the Soldiers for all they do.

"I want to say, with all my heart, I thank all of you for your sacrifices," said Gooding. "Thank you for all you've done overseas, protecting us."

Spc. Latrayl Murphy, Headquarters and Headquarters Company, 11th Transportation Battalion, felt the visit from Gooding is a positive one; proving to her there is still support from people who have no affiliation to the military.

"You know there will always be support from family, the chain of command, and your superiors," said Murphy. "But, when celebrities say you are doing a good job, it makes a difference. It makes me feel like when I signed on the dotted line, it was worth it."

Although Hollywood and Virginia are far apart, Gooding feels Soldiers, like the ones at Fort Story, have helped him along the way.



Cuba Gooding Jr. signs a movie poster for Spc. Benita Barnes, Headquarters and Headquarters Company, 159th Transportation Company, Dining Facility. He visited Fort Story during January.

"I started making movies to move people emotionally," said the actor. "In some countries you can't make any social statements. The military provides me the opportunity to make those statements."

"I want to say, with all my heart, I thank all of you for your sacrifices," said Gooding.

Gooding made a promise to himself that once he had the opportunity to thank the Soldiers who give him the freedom to make his movies, he would.

"I'm a huge supporter of all of our Armed Services," he said. "Anytime I have an opportunity to just say hi and thank you up close and personal, I'll take it."

Soldiers like Sgt. Anthony China, 368th Cargo Transportation Company, were thrilled to spend a few minutes with Gooding.

"This is very cool," China said. "It's a moral booster. We have Soldiers getting ready to deploy soon. Cuba Gooding Jr. coming here is a good way for him to show his appreciation to those Soldiers. It makes me feel good when people from the outside world show their support."

Gooding continued his military visits with a stop at a local naval carrier. He will be starring in the movie *Dirty*, being released this month.

RegionRoundUp

ARDEC'S workforce development program wins top award

Picatinny Public Affairs Office

The U.S. Armament Research, Development and Engineering Center at Picatinny recently received top honors for the best workforce development program in the Department of Defense.

The undersecretary of Defense for Acquisition Technology and Logistics, known as USD for AT&L, named ARDEC as the Gold Winner of the Learning and Workforce Development Award Competition Nov. 15. The award ceremony was conducted in conjunction with the Program Executive Office for Systems Command Conference at Fort Belvoir, Va.

The USD for AT&L established the Workforce Development Award May 28, 2004. It is designed to recognize AT&L field organizations that promote comprehensive and innovative workforce learning and development in accordance with USD for AT&L Goal No. 7: "Motivated, Agile Workforce."

The award program is intended to identify best practices for other AT&L organizations to emulate and adopt. In the competition, field organizations answered a series of questions, designed to elicit responses demonstrating life-long learning and career development of their workforce.

Questions were in the following categories: mission of the organization, best practices, objectives of the workforce development program, organizational climate, training processes and metrics, college and univer-

sity partnerships, and internal and external cultural alignment.

The USD for AT&L is the principal staff assistant and advisor to the secretary and deputy secretary of Defense for all matters relating to the DOD Acquisition System. This includes research and development, advanced technology, test and evaluation, production, logistics, military construction, procurement, economic security and atomic energy.

ARDEC placed first among the 21 Army, Air Force, Navy and Defense field organizations that submitted award applications. A panel of seven educators and professionals from academia, industry and corporate learning institutions evaluated the applications for their scope and the overarching innovation and effectiveness of the applicant's workforce development programs.

ARDEC's nomination package covered 26 different workforce development topics including greening, teaming, systems engineering, project management, Six Sigma, logistics, acquisition and mentoring.

While Joe Shiposh and Jan Luce of Armaments University wrote the ARDEC application package, more than 30 contributors submitted information to the writing team.

"Jan (Luce) and I spent a significant amount of time writing the package, but the other 30 folks, plus our training coordinators played an important role, because if you take their contributions away, our package would have been in whole lot of trouble," Shiposh said.

He added that "Individual students made the award possible by pursuing training and education to better themselves and ARDEC as a whole."

'I Can Achieve' urges children to set academic goals

by Laura Chlapowski, Fort Monmouth MWR

For four consecutive years the Fort Monmouth Child & Youth Services has been the recipient of one of the 200 grants from the JC Penney "After School Program" to organize and host a motivational academic pledge rally.

Members of the Fort Monmouth Boys & Girls Club, as well as youth from the Fort Monmouth community at large, were invited to the event at the Community Center to pledge their support to strive for a successful academic school year.

The rally included a verbal, as well as a formal, signing of pledge cards which are based on a five-step process in which youngsters are urged to set goals and are counseled to understand the relationship between small steps today and bigger results for the future.

In addition to signing pledge cards attendees were able to participate in table games and activities similar to what is offered at the Youth Center in Building 2566.

Crafts and spin games were available as well as information from the Employee Counseling Center and the Departments of Safety, Fire and Emergency. Sparky the Safety Dog was in attendance to remind everyone to stay safe.

Academic pledge rallies, like the one planned for the Boys & Girls Club of Fort Monmouth, are part of Boys & Girls Clubs of America's "Goals for Graduation."

Goals for Graduation in-

troduces academic goal setting to club members by linking their future aspirations with concrete actions they can take now, thus making learning more personally rewarding.

Working with Boys & Girls Club staff in one-on-one or small groups, members set achievable "Know-I-Can" goals, more challenging "Think-I-Can" goals and yearly "Believe-I-Can" goals.

Participants create action plans with daily and weekly goals leading to both short-term and long-term goals. A comprehensive guidance strategy helps members connect their smallest results to their highest dreams.

The strategy motivates members as their successes are recognized and supported throughout their journey.

For more information about Boys & Girls Club activities, call Youth Services at 427-6354 or the School Liaison Office at 532-6166.

Rate changes for POV reimbursement for TDY travel

Effective Jan. 1 2006, the basic TDY mileage automobile rate (if no Government owned vehicle is available) is \$0.445 per mile.

"As gas prices fluctuate so do the rates for use of a POV when TDY," said Lt. Col. Lynn Snyder, resource management director at Carlisle Barracks.

Employees are also reminded that it is an installation policy to use a rental car instead of your POV when a government vehicle is not available.

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"It is usually much more cost effective to use a rental car for shorter trips," said Snyder. If you have questions about which to use, contact DRM for more information.

Meade Community residents to get ID cards

By Shannon Baylis Sarino ,
SoundOff!

Residents of Meade Communities have something new to add to their wallet - a resident identification card.

"Access to the installation has changed significantly," said Tom White, RCI program director. "We assume federal employees would have IDs, but their families may not."

Because Meade Communities, which encompasses all the housing on Fort Meade, is open to service members, retirees and federal employees, it is possible that some residents may not already have an identification card. By creating the resident ID

card, residents will have an easier time getting on or off post.

The ID card will also open up services and facilities to residents. Morale, Welfare and Recreation facilities, including the gyms and bowling alleys, can be used by residents.

"If it's an identified as an available service, our residents will be able to take advantage of that," White said. "Of course, the military population is our first priority."

Child and Youth Services classes, sports and outreach will also now be available to residents.

But most importantly, residents who would not have been able to before can now shop in the post exchange.

"We asked the staff judge advocates office to research the issue, and they decided it was okay," White said.

A resident ID card holder will now be able to not only shop in the PX, but buy gas at the gas station, use the dry cleaner, etc. There are some restrictions, though. The ID card cannot be used to buy

tobacco or alcohol, and non-military residents may not shop in the commissary.

"The commissary runs by a whole separate set of rules," White said. "That's not going to happen."

Residents are also not eligible to use Kimbrough Ambulatory Care Center.

By opening up services to residents who would not otherwise be able to use them, Meade Communities hopes to make living on Fort Meade a little more convenient for residents. The new ID card also allows more of the Fort Meade community to take advantage of services and activities offered on post.

So, how does a resident go about getting one of the new resident ID cards?

All they have to do is go to the Visitor Control Center, the same place everyone on Fort Meade goes to register their vehicles, and show the Picerne Military Housing lease.

"When they first come on post and sign a lease, they then go to the VCC for an ID card,"

White said. "The expiration date will coincide with the lease expiration date."

And in keeping with security measures, when residents move off-post, they will have to turn their ID card in while going through the check out procedure.

"The real reason for this is security," White said. "This will help both our residents and DES (Department of Emergency Services)."

Free tax software available at Military One Source

The Turbo Tax Online program is available for free for all military personnel at <http://www.militaryonesource.com>

The Department of Defense provides Service Members and their families access to Military OneSource. All members of the Army, Marine Corps, Navy, and Air Force active duty, National Guard, Reserve and their families are eligible for this service.

LogCorner

The U. S. Army Logistics Network (LOGNet)

LOGNet is an excellent tool for logisticians. Numerous installation logisticians are inquiring about the purpose and how gain access to LOGNet.

The mission of LOGNet:

- Facilitate the transfer of knowledge from those who have it to those who need it.
- Provides a professional forum to share the latest thoughts, ideas, tactics, techniques, and procedures (TTPs), lessons learned from the ex-

perienced logisticians, regardless of rank or duty position.

- Provide the ability to Network with fellow peers to become better at what you do. Professional networking is the key to breaking the age old cycle of constantly reinventing the wheel.
- Provide peer driven professional and technical mentoring for those periods between attendance at service schools.
- Provide topical content, tools and knowledge to assist professionals in the field.
- Drive change from the ground up.

How to request membership:

In order to enter the U.S. Army Logistics Network (LOGNet) you must first request an account. Those requesting membership must have a current AKO account before you can request membership to LOGNet.

The following URL will get you to the LOGNet registration page: https://lognet.bcks.army.mil/lognet/ev_en.php

When requesting an account be sure to use your AKO UserName (example: joe.smith) and your AKO password. A membership request normally takes up to one business day to screen and approve. If you have problems contact Howard McCord at 757-788-5022 for assistance.

AROUND THE ARMY

Better Body Armor Meets Changing Threat, Say Army Officials

By Sgt. Sara Wood, USA
American Forces Press Service

Soldier protection is one of the Army's highest priorities, and body armor has been continuously improved to meet the changing threat in the war on terror, Army Secretary Francis J. Harvey said here today.

"Soldier protection clearly is a key element, and it's very important to the Army in general and me personally," Harvey said at a Pentagon news briefing. "We have continuously improved the armor that we provide for the soldiers from the beginning."

The first improvement to body armor came with the development of the small-arms protection inserts, and then, without a definite threat, the material was upgraded to ESAPI plates for better protection, Harvey said. The Army then developed deltoid axillary protectors for the shoulder area, and side plates are being fielded next month, he said.

The side plates will add extra weight to the armor, but Harvey said he believes it's in the best interest of the soldiers to add them.

"What we're trying to do here is balance the mobility with protection," he said.

The evidence does not show injuries to the side to be a major threat, but the side plates are still being fielded to prepare for the changing nature of the enemy, Harvey said.

"We're trying to anticipate and adapt to the enemy, and we're trying to prevent injuries to the soldiers," he said.

The Army will continue to take lessons learned from the battlefield and continue improving body armor and vehicle armor, Harvey said.

Almost 700,000 sets of interceptor body armor and more than 170,000 sets of additional protection for shoulder and upper-arm areas have been fielded since the beginning of the war, he said. More than 4,400 new up-armored Humvees, and more than 16,000 add-on armor kits were fielded in Iraq and Afghanistan in 2005, he added.

"U.S. Army Wounded Warrior Program" Assists Soldiers

ARNEWS

The Army is changing the name of the Disabled Soldier Support System (DS3) — a program that assists severely wounded Soldiers — to the U.S. Army Wounded Warrior Program.

"Medical technology has advanced to the point where Soldiers injured today on the battlefield are much more likely to survive than those injured in previous wars. Soldiers enrolled in the U.S. Army Wounded Warrior Program are also more often able to continue service to their nation in the Army. The name change of this program is indicative of the Warrior spirit that today's Soldiers so proudly display," said Gen. Peter J. Schoomaker, Army Chief of Staff.

The tenets of the program have not changed. The U.S. Army Wounded Warrior Program is designed to provide severely wounded Soldiers and their families with a system of advocacy and follow-up with personal support to assist them as they return to duty, or to civilian life. It is the personal attention to detail provided to each Warrior by the program's staff that will ensure we do this right, that we take care of those wounded who so valiantly agreed to serve their nation in time of war.

"The U.S. Army Wounded Warrior Program is all about taking

care of severely wounded Soldiers and their families -- about never leaving a fallen comrade -- and truly supporting the Warrior Ethos these Soldiers have embodied in their service to our nation," said Col. Mary Carstensen, Director of the U.S. Army Wounded Warrior Program. Carstensen emphasized "this is where we need to do it right -- to work closely with those Warriors during and after recovery. Recovery is not limited to physical needs, but includes emotional, spiritual, financial and occupational needs as well. Whatever it takes, we are committed to taking care of our own."

Additional information on the U.S. Army Wounded Warrior Program can be obtained by calling 1-800-833-6622. Media are encouraged to contact Army Human Resources Command (HRC) Public Affairs Office at 703-325-9904.

Army Continuing Education System Automating Tuition Assistance

ARNEWS

The Army Continuing Education System is updating and automating to provide virtual access to its programs and services for Soldiers anytime, anywhere. An automated tuition assistance process is the first step.

This two-phase project began Oct. 1 with the implementation of a centralized invoice process providing a more streamlined method for academic institutions receiving invoice payments. The second phase, scheduled to begin April 1, 2006, will allow Soldiers to request TA and enroll in courses online. This will assist in expediting the enrollment process and minimize wait times at Army Education Centers. Soldiers will request TA online through the ACES portal called GoArmyEd.

The GoArmyEd portal will provide one location for academic institutions to process credit-bearing

enrollments, submit Soldier grades, verify and prepare invoices for payment, and access centralized support for troubleshooting and information about Army TA processes and policies.

Academic institutions should contact Servicemembers Opportunity Colleges (SOC) for more information about these changes. For general information about the automated TA process, visit www.eArmyU.com.

Black Hawks to Sinai: Aviation Transformation, Russian Cooperation

By Spc. Jerome Bishop, ARNEWS

After years of planning, the first five UH-60 Black Hawks for Soldiers of Task Force Sinai in Egypt departed Pope Air Force Base Dec. 2 on a Russian aircraft.

The Black Hawks are replacing UH-1H Huey helicopters being used by U.S. peacekeepers participating in the Multi-national Force Observer mission in the Sinai.

"As part of the Army's Transformation Plan, Army Aviation is divesting itself of the 'legacy aircraft' such as the AH-1 Cobra and the UH-1H Huey among others," said Maj. Joseph Martini, aviation readiness officer for Corps Distribution Command, 1st Corps Support Command.

The 1st COSCOM transported the Black Hawks to the MFO using a Russian Antonov AN-124 Condor aircraft.

The crew and aircraft was contracted from a Ukrainian-based charter company called Volga-Dnepr Airlines that specializes in the transportation of over-sized cargo, Martini said. The Air Force C-5 Galaxy cargo transportation aircraft is slightly larger than the Condor used by Volga-Dnepr, however, the Condor has a wider

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storage area and can carry more weight than the C-5.

"Pretty much, the Condor is the equivalent of our C-5," Martini said.

"The Russian aircrew of the AN-124 was friendly and very cooperative in making sure all of the equipment pallets and aircraft were able to be loaded on the AN-124," Martini said.

The mission involved more than just getting the helicopters from point A to point B, said Maj. Gen. Virgil L. Packett II, acting commander of the XVIII Airborne Corps and Fort Bragg who was on hand to review the loading progress.

"This shows us three things," Packett said. "First that we're moving forward in providing our Soldiers with the best equipment. Second that we're moving forward in our aviation transformation, and third, the level of international cooperation in a peace-keeping mission by moving American helicopters on a Russian aircraft."

Upgrading the aircraft used to enforce the Egyptian-Israeli 1979 Camp David Peace Accords has been planned for three years, said Chief Warrant Officer John Leake, the aviation readiness officer from Headquarters and Headquarters Company, Corps Distribution Command, 1st COSCOM.

Getting the helicopters to Egypt presented it's own challenge since only a limited number of cargo aircraft are capable of simultaneously transporting five helicopters a third of the world away.

"Because of the priorities set by the Air Mobility Command, our options for transporting the helicopters were limited," Leake said. "In support of this national mission, they saw fit to charter an aircraft big enough to get them over there rather than resources being used in Iraq and Afghanistan."

Without the help of the Russian crewmembers, the loading of the aircraft that took place Dec. 1, would not have been as fast and

effective, said Leake.

"I thought they did a fantastic job," said Leake. "They started loading the Condor at 11 a.m. and they were done by 3 p.m. and it was a tight fit."

The 1st COSCOM is planning to ship three more Black Hawks to MFO peacekeepers sometime in January, however future use of the Condor is still undetermined, Martini said.

"It has been a team effort with outstanding cooperation between all agencies to make the mission happen," Martini said. "I look forward to the same level of cooperation in January 06 when we send the final load of three UH-60s to the Sinai."

(Editor's note: Jerome Bishop serves with 1st Corps Support Command Public Affairs.)

A UH-60 Black Hawk being sent to troops in the Sinai is being loaded into the cargo hold of the Antonov AN-124 Condor while Maj Gen. Virgil L. Packett II, XVIII Airborne Corps and Fort Bragg commander, talks with a project manager.
Spc. Jerome Bishop

Army Selects New Advertising Agency

By Gary Sheftick, ARNEWS

The Army has awarded its advertising account to McCann Erickson, a New York agency that will replace Leo Burnett Worldwide.

Leo Burnett has had the Army recruiting ad contract for about five years, kicking off the "Army of One" campaign in early 2001.

The new contract and ad agency does not necessarily mean the "Army of One" campaign will change, an Army spokesman said. He said Leo Burnett will continue providing services to the Army for a three-month transition period that ends in March.

The earliest the Army expects any new creative products from McCann Erickson is mid-2006, according to the spokesman.

Contract worth up to \$1.35 billion

The new contract is for up to \$1.35 billion of advertising, promotional and publicity programs to support all recruiting and retention programs for the Army and Army Reserve for up to five years. The contract is actually for a two-year period, but officials said it can be renewed for three more one-year periods, or up to five years total.

The contract covers a full range of services, officials said, from developing a tactical advertising strategy to producing advertising using numerous communications methods – including television, radio, print and the Internet, direct marketing, promotions, and events.

Current marketing programs for the Army include sponsorship of: a NASCAR team, Tony Schumacher's National Hot Rod Association team which ended the season in first place, a Professional Bull Riders team, and Professional Rodeo Cowboy Association team with one of its members ending the season as world champion.

New agency spans last century

The McCann Erickson firm traces its origins back to 1902 when Alfred Erickson, ad manager of McCutcheon's Department Store in Manhattan, began his own advertising agency. Fiat automobiles and Bon Ami cleanser were among the company's first clients.

In 1912, H.K. McCann and four partners launched their own ad agency with Standard Oil as one of the major clients.

In 1930, McCann and Erickson merged to form a \$15 million international agency. Beech Nut gum, Del Monte and Encyclopedia Britannica were among the clients.

In 1997, McCann Erickson Worldgroup formed to include what is now the Weber Shandwick public relations agency, Torre Lazur Healthcare, Momentum and MRM Partners. New clients included Johnson and Johnson Vistakon and MasterCard.

Rosetta Stone Foreign Language Training Available

The Army recently entered into a contract agreement with Fair-field Language Technologies to provide Rosetta Stone® foreign-language training, at no cost, to all active Army, National Guard, Reservists and Department of the Army civilians worldwide via the Army e-Learning portal on the Army Knowledge Online (AKO).

The objective of this training tool is to develop a force capable of engaging in basic communications with the populace in the area deployed - and with coalition partners. Rosetta Stone® online training is an immediate, cost effective way to provide a training capability across the force, and is an excellent tool for units preparing to deploy and Soldiers preparing to fill billets outside the United States.

The Army has had much success with Rosetta Stone® on Army e-Learning. More than 12,000 Soldiers and Army civilians have used the online training since it became available on November 7, 2005. The top five courses accessed are: Spanish (Lat Am); German; Arabic; French and Italian.

* Free state-of-the-art language courses through Army e-Learning, include Arabic, Chinese (Mandarin), Danish, Dutch, English, French, Farsi (Persian), German, Greek, Hebrew, Hindi, Indonesian, Italian, Japanese, Korean, Pashto, Polish, Portuguese (Brazil), Russian, Spanish (Latin America), Spanish (Spain), Swahili, Swedish, Thai, Turkish, Vietnamese and Welsh.

* Each user must have an AKO account to register for Army e-Learning.

* To access Army e-Learning, visit [AKO](http://www.us.army.mil) at www.us.army.mil and select "My Education" and click Rosetta Stone. If you are already registered for the Army e-Learning, logon and access the Rosetta Stone® courses or select Register to obtain your e-Learning password. All course completions are posted to individual ATRRS records

Where we were, where we are, at the New Year

As the new year begins, it is fitting to reflect on the Army's significant accomplishments in 2005, thank senior Army leaders for their vital contributions, and look forward to an important 2006.

In Iraq, our Soldiers, as part of a joint team, enabled that country to continue to progress politically, militarily and economically. Successful elections were held in January for the Transitional National Assembly; in October for the referendum on the constitution; and December 15 for the election of a permanent government. Each of these milestones reflects the Iraqi people's growing optimism about the future. Almost 11 million Iraqis voted in the most recent election.

Progress continues on other fronts as well. In March of this year, there were about 140,000 trained and equipped Iraqi Security Forces; today there are 212,000 - a 50% increase in just the past eight months. Of the 112 trained and equipped battalions, fully one third are capable of conducting operations independently. Less well known, but equally important, is the progress made in improving the lives of the Iraqi people: Great strides have been made in electricity and water production; 6.75 million Iraqis now have access to clean potable water versus the prewar level of 5.5 million. In March 2003, there were about 400,000 cars in Iraq; today there are 1.6 million. There are now 3 million cell phone users versus the prewar level of 100,000. Among its many accomplishments to date, the Army's Project Contracting Office has completed or is in the process of completing over 3,500 projects in the areas of water, electricity, oil, education, health, transportation, communications, security and justice. Of note, the PCO has completed four primary healthcare centers with an-

other 138 that are underway; 784 of 800 schools which will provide classrooms for over 300,000 students; and over 90 miles of roads.

In the on-going debate about Iraq, some have recently said that the Army is severely stretched. A few have even described it as "broken." These comments are not true. To be sure, the Army is facing great challenges, but the more accurate description is a full-spectrum force that remains the preeminent land power in the world today. From highly successful combat operations in Iraq and Afghanistan, to maintaining world wide security commitments - all while we simultaneously transform the force - today's Army is the most capable, best trained, best equipped and most experienced force our Nation has ever fielded. It is also more ready, more lethal, more flexible and better protected.

Especially noteworthy is the contribution of the Army National Guard and the Army Reserve. 2005 reaffirmed that we truly are an 'Army of One.' Thousands of Army Guardsman and Reservists rotated in and out of Iraq and Afghanistan. The 42nd Infantry Division completed the first deployment of a Guard divisional headquarters since the Korean War. Our efforts to win the Global War on Terrorism would not be possible without the commitment and dedication of our Citizen-Soldiers. Simply put, the Army could not perform full spectrum operations without the Army Guard and Reserve's tremendous contribution.

With mobilized Guardsman and Reservists, this is the largest force we've fielded in a decade with 616,000 Soldiers currently serving on active duty. Most importantly, the Army has more capability today than it did just a few years ago. Our actions to create more deployable

units, to stabilize Soldiers and families, to attain the right mix of units and skills between the active and reserve component, and to increase the size of the warfighting Army are doing much to significantly increase overall capability. The Army's ability to surge over 50,000 National Guard and active duty Soldiers to the Gulf Coast in just over a week for Hurricane Katrina and to quickly respond to disasters in Asia, Pakistan and Guatemala, while fighting the Global War on Terrorism, are only the most recent evidence of an increasingly capable force.

The Army made much headway in 2005 in the execution of its fundamental responsibilities of organizing, training, equipping and sustaining the force. Under transformation, the Army continued to build a force that is more powerful, more flexible, more rapidly deployable, and inherently more joint and expeditionary. We activated four new Modular brigade combat teams in 2005 and with the activations in 2004, we now have seven new BCTs. We also made great progress in the transformation of existing brigades. We now have 37 new or existing combat and sustainment brigades that have completed transformation or are well into the process of modular conversion. Furthermore, we initiated a plan to increase the size of the Operational Army from its current level of 315,000 to 355,000 by FY 08. We realigned over 30,000 of approximately 125,000 planned skill structure changes between the Active and Reserve Components. We also implemented life-cycle management for nine BCTs. Each of these efforts is also doing much to reduce personnel stress on the force.

In the area of modernization, we made great strides. The entire Army

(Continued on page 41)

(Continued from page 40)

budget for FY 05, composed of the President's base budget and the Supplemental, totaled \$160 billion. This was a marked increase over FY 04's total budget of \$140 billion. In FY 05, Congress appropriated \$2.9 billion for the Future Combat Systems Program. The Army also received \$10.1 billion for other RDT&E, \$5 billion for the Army Modular Force Initiative, and \$3.2 billion to fully reset over 9,000 pieces of equipment and over 850 aircraft at the depot level. In April we established the Future Combat Force Strategy that formally links the Future Combat System Program to the Modular Force. This year eighteen of the FCS critical technologies are at technology readiness level 6 or higher - meaning a model or prototype has been field tested in a relevant environment. The Army remains totally committed to fielding this essential component of Army modernization to close the almost four decade gap in the modernization of our ground forces.

In 2005, we also initiated a comprehensive Army-wide Business Transformation to free up additional financial resources for the operational Army. This initiative is centered on reengineering business processes by taking work out of our system through the application of the lean/six sigma methodology. Business Transformation extends the same mindset of Force Transformation to the Institutional Army to ensure its ability to provide the people, training, resources, quality of life, and infrastructure that are critical to the Army's continued success.

In the area of Force Protection, the Army has fielded over 9,600 new Level 1, factory-built up-armored HMMWVs to Iraq and Afghanistan since 2003 - 4,400 of them in the last year alone. There are now over 39,000 up-armored tactical wheeled vehicles in the CENTCOM AOR. We also made significant progress in countering improvised explosive devices (IEDs). Through the Joint IED

Defeat Task Force, over \$1.2 million of counter-IED solutions were provided to Iraq and Afghanistan this year. This has enabled US forces to locate or render safe 30 - 40 percent of all IEDs before detonation. We crossed a major milestone with the 500,000th Soldier being equipped under the Rapid Fielding Initiative. RFI has equipped an average of 23,000 Soldiers per month with the best individual equipment available and will reach the end-state of 873,000 equipped Soldiers by the end of FY07.

The Army also made significant progress in taking care of our most precious asset - our people. The Army invested \$472 million to improve Government-owned housing and another \$136 million for privat-

"The Army achieved its highest reenlistment total in five years in FY 05. Over 69,500 Soldiers chose to stay with the Army."

ized housing. Almost 12,000 homes were privatized under the Residential Communities Initiative this past year. Additionally, the Army invested \$760 million to build or renovate barracks from the ground up and another \$250 million to improve sub-standard barracks. We still have much work to do in improving the quality of life for our Soldiers and their families, but our efforts are clearly paying off.

One indicator of that success is our reenlistment rate. The Army achieved its highest reenlistment total in five years in FY 05. Over 69,500 Soldiers chose to stay with the Army. In fact, the 3rd Infantry Division, now completing its Iraq deployment with many of its Soldiers on their second tour, led the way in reenlistments by achieving 136% of its FY 05 goal. We must maintain vigilance of this critical indicator of morale, but there is much reason for optimism. In the final analysis, Soldiers vote with their feet. Our magnificent Soldiers are clearly choosing to stay.

Although we did not meet our recruitment goals, we exceeded our objectives for the last four months of FY 05 by an average of almost 400 per month. This is the result of a number of initiatives started earlier in the year. That momentum continued during the first three months of FY 2006. Most importantly, the number of recruits who have signed an enlistment contract is almost 25 percent higher than it was at this same point the previous year. Consequently, we have already contracted for approximately 33% of our July goal of 10,450, which is the largest monthly goal of the year.

These are just a few of the Army's major accomplishments in 2005 - made possible by the unsurpassed professionalism, courage and commitment of our Soldiers and senior leaders like you. We must remain guided by Army Values and dedicated to something much greater than self.

We look forward to 2006 as another year of extraordinary achievement in the storied history of the United States Army. We will remain engaged in Iraq and Afghanistan and elsewhere. We will provide for homeland security, continue to transform, and as always, stand ready to serve the Nation.

As we move forward together, we remain committed to producing units that are fully manned, trained, and equipped to accomplish the missions they will be assigned in an uncertain and increasingly complex world. Moreover, we are committed to developing multi-skilled "pentathletes" - both leaders and Soldiers -- that are able to adapt to the challenges they will face. The 2006 Army Posture Statement and our internal Game Plan, to be published in February and March respectively, will help explain and reinforce these ideas. Please read, distribute, and discuss these documents.

Thank you for all you are doing to serve our Soldiers and the Nation in this time of war.

Unit Rebalance will make National Guard more effective, says the Army Secretary

By Sgt. Sara Wood, USA
American Forces Press Service

Rebalancing the types of brigades being added to the National Guard will make that component more effective in its two-fold mission and will contribute to the overall capability of the Army, the secretary of the Army said here today.

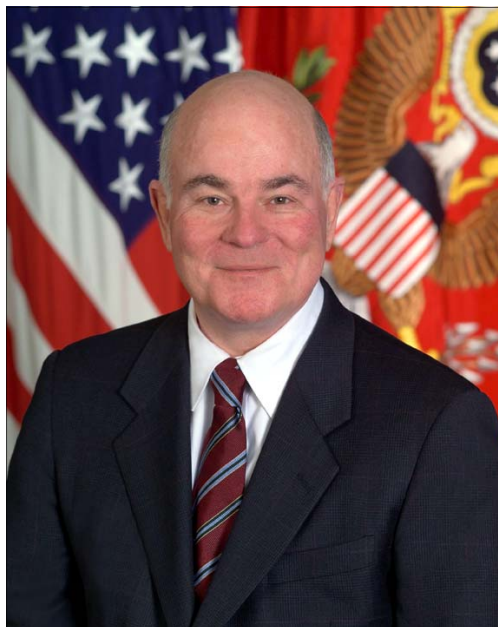
In a Pentagon press briefing, Francis J. Harvey stressed that the National Guard will not be reduced in size, but will simply have different kinds of units added to it.

The initial plan for the transformation of the Guard called for the number of brigade combat teams to be increased from 15 to 34, Harvey said. That is now being changed to 28 brigade combat teams, and the number of combat support units is being increased, he said. This change came about because the Guard has a dual mission, he explained: overseas operational missions and homeland defense missions.

"They need a capability that's somewhat different than the active component," he said. "So we decided that it's appropriate to adjust the number of brigade combat teams."

The combat support units that will be added to the Guard will include military police units, engineers, chemical specialists, air defense personnel and civil affairs units, all of which are important to the Guard's homeland defense missions, Harvey said.

So far this year, the Guard has maintained a troop strength concurrent with the average 2005 troop strength, Harvey



Secretary of the Army Francis J. Harvey

said, but if that number grows, the Army will fund the growth as it comes. This is a new approach to funding that will allow for more flexibility, he said.

"It's really a more realistic approach," he said.

To continue compensating for the Guard's lack of funding in the 1990s, the Army included \$20 billion for National Guard equipment in the

Future Years Defense Program, which will take effect over the next six years, Harvey said.

"The Guard is going to be organized and equipped in the same way the active Army's going to be organized and equipped," he said.

The active Army is also transforming to become more combat capable and ready, Harvey said. In 2005, the Army created four new modular brigade combat teams and one Stryker brigade combat team, and completed the transformation of seven existing brigades to the modular design. Now, 37 combat or support brigades have either completed transformation to the modular design or are well along in the process, he said.

Under the Future Years Defense Program, 30,000 soldiers will be transitioned out of the institutional Army and into the operational, or war-fighting, Army, he said. The jobs these soldiers leave behind will be filled by civilians.

The transformational changes being done have already started to achieve the Army's goal of a more combat-ready force with less strain on deployable units, Harvey said.

When Hurricane Katrina hit the Gulf Coast, the Army sent 50,000 soldiers in just over a week while still maintaining operational tempo in the war on terror, he pointed out.

"Especially noteworthy is the contribution of the Army National Guard and the Army Reserves; 2005 re-affirmed that we are truly an 'Army of One,'" he said.





From the Front Lines....



Rakkasans are building an independent Iraqi army

**By Pfc. Cassandra Groce and
Spc. Karl Johnson, ARNEWS**

SAMARRA, Iraq – “Iron Rakkasans” are training the future trainers of an independent Iraqi army at sites in Samarra and Mahmudiyah, Iraq.

Military Integrated Transition Teams from the 3rd Battalion, 187th Infantry Regiment, 101st Airborne Division are providing classroom and hands-on training of basic and advanced courses to prepare the Iraqi soldiers to take over the job of securing their own country.

Iraqi army mix of experience

The Iraqi army is a mix of seasoned soldiers with years of experience and new recruits right off the street. The classes are a baseline to start everyone for training and evaluation.

In Samarra, the regimen consists of weapons training, map reading, general orders and basic first aid that is taught to the officers and non-commissioned officers in a course lasting about 12 days. The trained Iraqis will then teach the classes to the lower enlisted.

“It empowers their leaders and gives them the experience and knowledge to control their soldiers,” said Capt. Christopher Swint, the assistant MiTT team chief, 3rd Special Troops Battalion, 3rd Brigade Combat Team. “After the classroom and hands-on training concludes, the Iraqi Army soldiers’ level of understanding is tested with patrols in the streets of Iraq. The soldiers search homes and arrest detainees in a quest to eliminate Anti-Iraqi Forces.”

Every unit is evaluated once a month. Categories tested include training level, sustainability, logistics ability, communication, leadership and operations. The evaluation for each unit can vary slightly since the testing is devised in conjunction

with the Iraqi army’s commander.

NCOs to train modern Iraqi army

The training in Mahmudiyah teaches the Iraqi soldiers to conduct raids, patrols and operate traffic control points.

“We’ve done a lot of tactical training with these guys, like entering and clearing rooms, close-quarters marksmanship, and basic movement formations,” said Capt. Ryan Hartwig, MiTT 2, 2nd Brigade Combat Team. “Any support that we provide these guys, they seem to have an open ear to what we’re saying.”

“It’s a very challenging mission, but the more we stay with the Iraqi Army, the better they become,” said Staff Sgt. Arturo Delagarza, MiTT 2, 2nd BCT. “That way they can transition to taking over their area, and we can shift to another location or possibly even out.”

Unlike the U.S. Army, experienced Iraqi

soldiers didn’t have the benefit of a strong non-commissioned officer corps, since it was virtually non-existent.

“We have an NCO corps, and we’re trying to build theirs,” said Hartwig.

The difference in the level of responsibility for NCOs in the modern Iraqi army is a significant obstacle they’re working to overcome. A big step was establishing a primary leadership development course. The course graduated its first students in Jan. 2005; those students were then trained to teach the course themselves. The goal is for the Iraqi army to take over the school in February, 2006.

With the continued dedication of the Rakkasan Soldiers and the hard work of their Iraqi counterparts, that goal will soon be a reality.

(Pfc. Cassandra Groce serves with the 133rd MPAD and Spc. Karl Johnson serves with the 363rd MPAD.)



Two Iraqi soldiers load an empty belt into a PKC as part of their training in battle drills. The class is part of a 12-day course that the leaders of the Iraqi Army in Samarra, Iraq, are going through. The leaders then take over the training, teaching the classes to lower enlisted soldiers.

V Corps assumes command mission in Baghdad

By Sgt. Joe M. Battle, ARNEWS

BAGHDAD – Soldiers of V Corps headquarters, based in Heidelberg, Germany, officially assumed duties in Baghdad as the command staff for Multi-National Corps - Iraq, for the next 12 months.

Lt. Gen. Peter W. Chiarelli accepted authority for MNC-I from Lt. Gen. John R. Vines in a ceremony at Camp Victory Jan. 19. Chiarelli comes to the MNC-I from Heidelberg as well, where he served as commander of Task Force Victory.

Vines and his Soldiers of the XVIII Airborne Corps, who have served as the MNC-I staff for the past year, will now return home to Fort Bragg, N.C. to resume their positions with the XVIII.

Continuing the historic mission

"This transfer of authority demonstrates the commitment of the United States to our coalition allies and to the people of Iraq as we continue to partner in every aspect and every respect of this historic mission to achieve a free, democratic and secure Iraq," said Chiarelli in his first speech as MNC-I commander. "My Soldiers and I are honored to serve shoulder-to-shoulder with you in history in a historic land."

"In the months ahead, you will find that our Soldiers of the Victory Corps are disciplined, well trained and committed to continue the excellent work done by Lt. Gen. Vines and the Soldiers of the XVIII Airborne Corps," Chiarelli said. "Never again will the forces of terror and tyranny be permitted to rule in this great country." In his remarks at the transfer ceremony, Vines addressed the V Corps



Lt. Gen. Peter W. Chiarelli accepts the colors of Multi-National Corps-Iraq from Gen. George W. Casey Jr., commander of Multi-National Force-Iraq (right) in a transfer of authority ceremony Jan. 19 at the Al-Faw Palace on Camp Victory in Baghdad. V Corps photo

troops taking on the MNC-I mission.

"We will return to friends, family and loved ones," said Vines. "But we will never forget you; we will never forget Iraq; we will never forget what has happened here, and we will say a prayer for you -- those of us that pray -- we will say a prayer for your safety, peace, and success, because much rides on this."

Casey: amazing year for Iraq

Gen. George W. Casey Jr., commanding general, Multi-National Force-Iraq, welcomed the incoming MNC-I commander and Soldiers, and noted the changes in Iraq during the XVIII's tenure at MNC-I.

"It's been a pretty amazing year for the multinational corps," said Casey. "If you think about where you were

and what you were thinking about Iraq on the 19th of January last year, I think you'll admit that the prospects of completing three national polls and building the security forces to well over 200,000 might have looked dim to you.

"But the fact of the matter is, over the course of 2005, the people of Iraq have had three national polls," he said. "And in each case, the participation has gotten greater and violence got lower."

This is the second deployment for the Soldiers of the V Corps headquarters. V Corps first deployed in early 2003 to command the opening combat phase and early reconstruction phases of the first iteration of Operation Iraqi Freedom.

An Update From Task Force Wright

One Team, One Honorable Cause

(Courtesy Fort Lee Public Affairs Office)

The enormous scale of the Pakistan earthquake and resultant disaster conditions displaced more than 4 million Pakistanis and injured or killed tens of thousands. The remoteness of the region, harsh mountain ranges and impending winter season underscored the urgency of the U.S. Central Command response.

Therefore, a forward relief base was established at Muzaffarabad Airport to facilitate Combined Disaster Assistance Center humanitarian operations, which included a rapid refueling point, medical assistance, airspace control and engineer support. This air “hub and spoke” operation provided a more deliberate process to support the government of Pakistan in order to enhance the survivability of earthquake victims and promote the Paki-



Team Shinkhari

The 18-Soldier Task Force Wright-Shinkhari Rapid Refueling Point Platoon is attached to the U.S. Marine Corps Combined Medical Readiness Team-3. This team is stationed in the mountainous Pakistan Military's Junior Offi-

A quote repeated daily by Wright and whose words truly reflect the efforts of our great Soldiers, “What this country needs, it cannot buy. It needs dedicated Soldiers who see service to their country as an affair of the heart. I hope it is that way with you.”

He passed away on Feb. 6, 2000 in Houston, Texas. He was interred at the Fort Sam Houston National Cemetery at Fort Sam Houston, Texas on Feb. 11 2000.

His awards and decorations include: Distinguished Service Medal (with oak leaf cluster), Legion of Merit (with 4 oak leaf clusters), Bronze Star Medal, Meritorious Service Medal (with 2 oak leaf clusters), Army Commendation Medal (with 2 oak leaf clusters), Army Good Conduct Medal, Parachutist Badge, Air Assault Badge, and Army Staff Identification Badge.

Wright was inducted as a Distin-

“What this country needs, it cannot buy.”

“It needs dedicated Soldiers who see service to their country as an affair of the heart. I hope it is that way with you.”

~Maj. Gen. James M. Wright, 45th Quartermaster General

stan-U.S. strategic relationship.

Personal Courage

Recently, Pfc. Jonathan Collier received an Impact Army Achievement Medal while deployed with Task Force Wright in support of Operation LifeLine in Muzaffarabad. Collier was traveling along the aircraft flight line when he identified a host nation supply truck on fire. Instinctively, Collier grabbed his vehicle fire extinguishers and sprinted to the burning vehicle to extinguish the flames. His personal courage saved the vehicle, the relief supplies and prevented numerous aircraft from becoming endangered on the flight line.

cer Leaders Camp three-hole golf course at an elevation of 3400 feet. Their mission is to provide hot and cold refueling support to all air assets participating in Operation Lifeline within their area of operations. Since arriving on Nov. 16, 2005, Team Shinkhari issued 63,366 gallons of on-grade Jet A-1 petroleum product to 132 aircraft from four different nations from their lofty helipad.

The Origin of Task Force Wright

Task Force Wright was named in memory of Maj. Gen. James M. Wright, 45th Quartermaster General, from June 1997 to July 1999.

guished Member of the Quartermaster Regiment in 1991 and the Quartermaster Hall of Fame in 2000. On May 16, 2002, the Advanced Noncommissioned Officer Academy Barracks at Fort Lee was named in his honor.

The Task Force Wright emblem was designed by Spc. Arafat Khaskheli of Task Force Wright to symbolize the combined, joint, and multi-national unification of forces in support of “Operation LifeLine.”

**Operation LifeLine
Task Force Wright
Muzaffarabad Airport, Pakistan
2005 - 2006**



10th Mountain Division Soldiers re-enlist; oath given by the Vice President